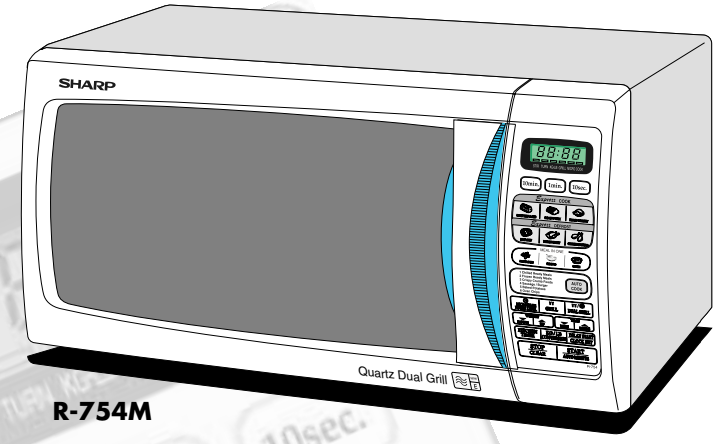
SHARP



R-754M

R-765M

R-754M / R-765M MICROWAVE OVEN WITH GRILL

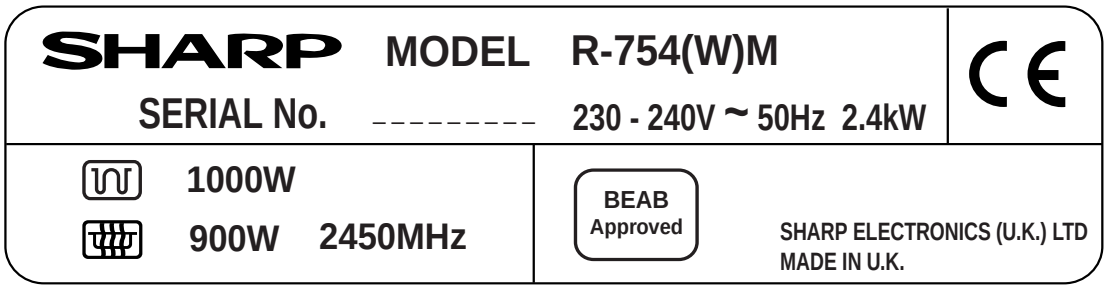
OPERATION MANUAL WITH COOKBOOK

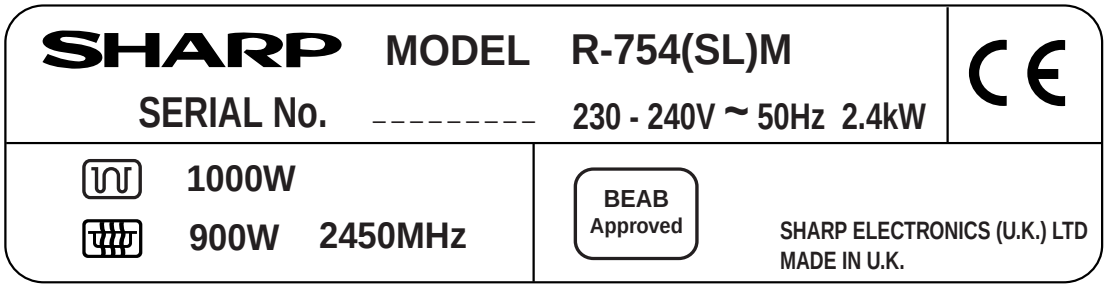
900W (IEC 60705)

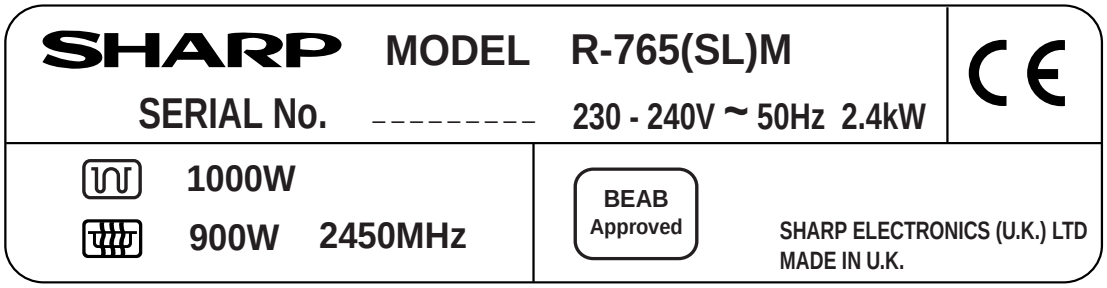
RATINGS LABEL

Please record the SERIAL NUMBER of your microwave oven in the space provided below.

The SERIAL NUMBER is shown on the ratings label which is located on the side of the microwave oven (R-754M) or on the control panel (R-765M).







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Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

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OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

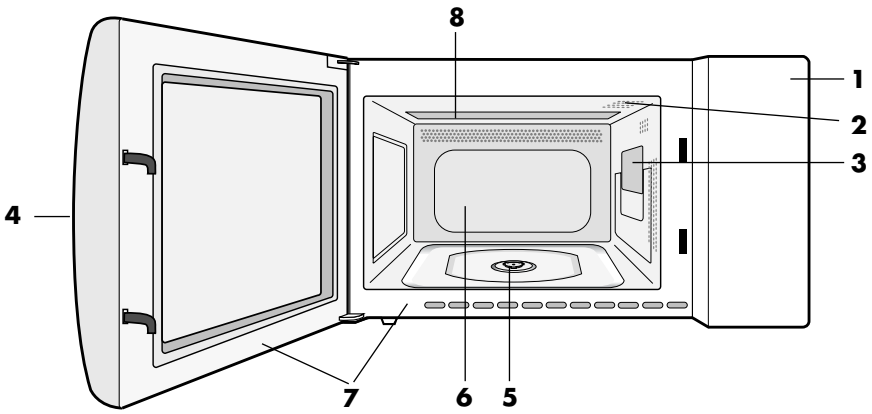
IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

If you require any advice or assistance regarding your Sharp product, please visit our website - http://www.sharp.co.uk/support.

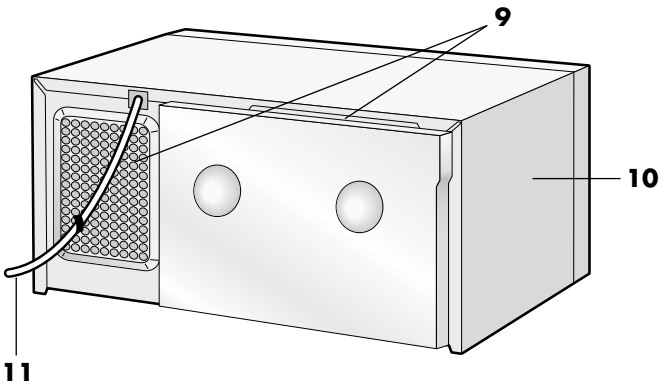
Customers without Internet access may telephone 08705 274277 during office hours, or from Ireland (01) 676 0648.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

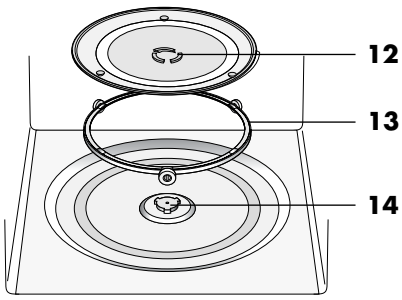
OVEN AND ACCESSORIES



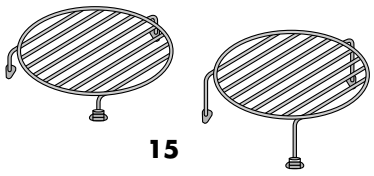
1 Control panel
2 Oven lamp
3 Waveguide cover (DO NOT REMOVE)
4 Door opening handle
5 Turntable support system
6 Oven cavity
7 Door seals and sealing surfaces
8 Grill heating element
9 Air vent openings
10 Outer cabinet
11 Power supply cord



ACCESSORIES:
Check to make sure the following accessories are provided:
12 Turntable **13** Turntable support
14 Coupling
Place the turntable support in the centre of the oven floor so that it can freely rotate around the coupling. Then place the turntable on to the turntable support so that it locates firmly into the coupling.To avoid turntable damage, ensure dishes and containers are lifted clear of the turntable rim when removing them from the oven.
15 High and Low racks (For use of the racks, refer to the grilling and dual grilling sections on page 9).

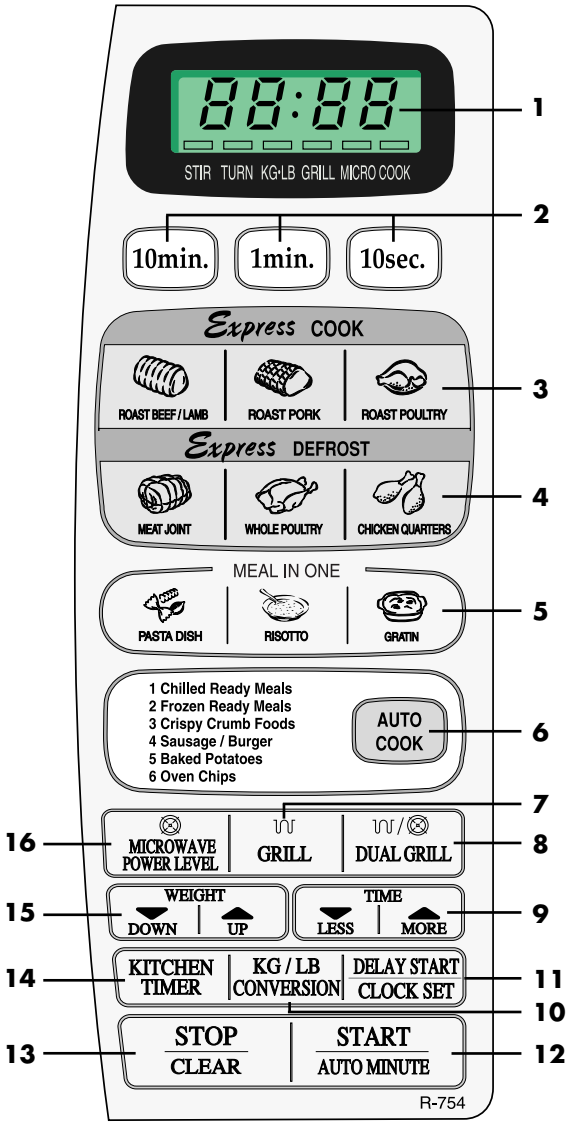


NOTES:
- Always operate the oven with the turntable and support fitted correctly. This promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven.
- The turntable rotates clockwise or counter clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please mention two details: part name and model name to your dealer or SHARP approved service facility.

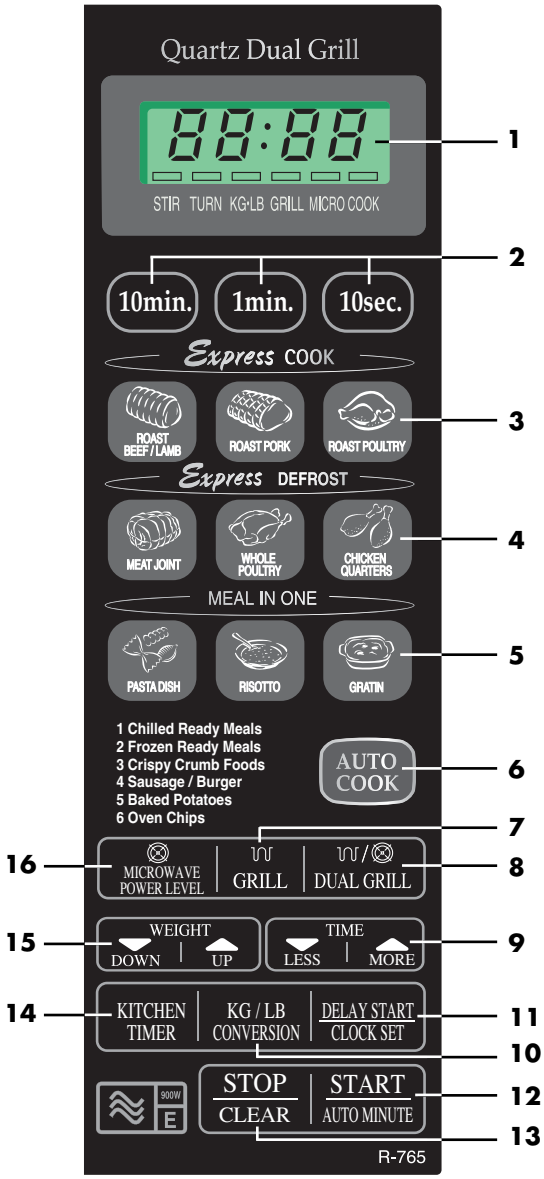


CONTROL PANELS

R-754M



R-765M



1. **DIGITAL DISPLAY**
2. **TIME** keys
3. **EXPRESS COOK** keys
4. **EXPRESS DEFROST** keys
5. **MEAL IN ONE** keys
6. **AUTO COOK** key
7. **GRILL** key
8. **DUAL GRILL** key
9. **LESS/MORE** keys
10. **DELAY START/CLOCK SET** key
11. **WEIGHT CONVERSION** key
12. **START/AUTO MINUTE** key
13. **STOP/CLEAR** key
14. **KITCHEN TIMER** key
15. **WEIGHT** keys
16. **MICROWAVE POWER LEVEL** key

R-754M/R-765M O/M & C/B 2/5/02 2:07 PM Page 4

INSTALLATION

WARNING:

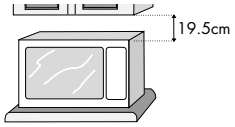
Inspect the Oven:

- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged.**
- **Inspect the oven interior and door for dents.**

IMPORTANT:

If any damage is apparent, do not operate the oven in any way. Contact your dealer or a SHARP approved service facility. (see p. 54)

1. Remove all packing materials including the feature sticker (if applicable). Do not remove the plastic film from the inside of the oven window as this protects it from dirt. The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage. DO NOT REMOVE.
2. Place oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.
3. The minimum height of free space necessary above the top surface of the oven is 19.5cm.



4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor.
5. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
6. Make sure the power supply cord is undamaged (See IMPORTANT! ELECTRICAL CONNECTION opposite). Keep the power supply cord away from heated surfaces, including the rear of the oven and it must not run underneath the oven.
7. The socket must be readily accessible so that it can be easily unplugged in an emergency.
8. Do not use the oven outdoors.

BUILDING-IN-KIT.

An installation frame is available which enables the microwave oven to be integrated within a kitchen unit. The microwave oven is not designed to be built above or near a conventional oven.

SHARP recommend the use of the build in kit, EBR-4500 (R-754M) or EBR-4800(SL) (R-765M), available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven. When building, follow installation instructions supplied for "B" type models carefully.

IMPORTANT! ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the power supply cord is damaged, it must be replaced by a SHARP approved service facility or a similarly qualified person to avoid a hazard.
- When removing the plug from the socket always grip the plug, never the power supply cord as this may damage the power supply cord and the connections inside the plug.
- If the fitted mains plug to your oven is a rewireable type and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, remove the plug and fit an appropriate type, observing the wiring code given in `To replace the mains plug' on page 53.
  If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off.
- If the plug fitted to your oven is a non-rewirable plug and in the unlikely event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug and fit an appropriate type, observing the wiring code given in `To replace the mains plug' on page 53.

Danger:

The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.
Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.
The plug must not be used without the fuse cover fitted.
If you have any doubt about your microwave oven obtain the help of a qualified electrician.

When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.

WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in `To replace the mains plug' on page 53.

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTION READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic food preparation only.
- Never operate when empty, except as directed in the operation manual (see page 9).
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch off the oven immediately, unplug it and call a SHARP approved service facility. (See page 54).
- Never move the oven while it is operating.
- Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL** mode, **DUAL GRILL** mode, **EXPRESS COOK** and **AUTO COOK** operations, unless wearing thick oven gloves, as they will become hot. Before cleaning make sure they are not hot.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

Warning: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

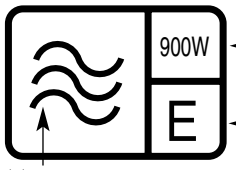
Fire: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

Liquids: Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/reheating, let liquid stand in the oven after cooking.

MAFF HEATING CATEGORY

The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required. As shown opposite.

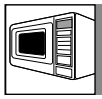


Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

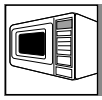
Microwave Symbol.

OVEN OUTPUT POWER	Less heating time required → 600 700 800 900 1000 Watts ← More heating time required
OVEN OUTPUT CATEGORY	Less heating time required → A B C D E ← More heating time required



MICROWAVING

Introduction:
Water, sugar and fat in food absorb microwaves which causes them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.
Outer areas of food are heated by microwave energy, and remaining portions by conduction. It is, therefore, important to **turn**, **rearrange** or **stir** food to ensure even heating. Where recommended allow food to stand. This is not optional but necessary to ensure thorough cooking and is particularly important for dense food, such as joints of meat.
Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes. Microwaves are reflected by metal. The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage. Metallic dishes are not suitable for microwaving. Only use utensils that are suitable for microwave ovens.
(See suitable cookware, pages 20-21).



MICROWAVE POWER LEVELS

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100P - (HIGH output = 900W) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

70P - (MEDIUM HIGH output = 630W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes.

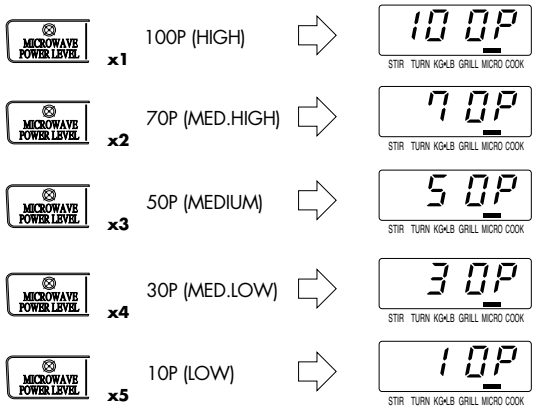
50P - (MEDIUM output = 450W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30P - (MEDIUM LOW output = 270W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

10P - (LOW output = 90W) For gentle defrosting, eg. cream gateaux or pastry.

P = PERCENTAGE

To change the power level for cooking, enter the required time and then press the **MICROWAVE POWER LEVEL** key.
For example:



Power level: The microwave power level is varied by the microwave energy switching on and off. When using power levels other than 100P you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

IMPORTANT: The microwave power level will default to 100P unless you press the **MICROWAVE POWER LEVEL** key to the desired setting.

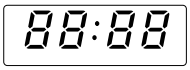
TO CHECK THE POWER LEVEL:
To check the microwave power level during cooking, press the **MICROWAVE POWER LEVEL** key. As long as your finger is pressing the **MICROWAVE POWER LEVEL** key the power level will be displayed. The oven continues to count down although the display will show the power level.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

BEFORE OPERATION

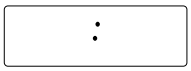
Plug in the oven.
1. The oven display will flash:
2. Press the **STOP/CLEAR** key.
3. The display will show:
To set the clock, see below.

When using the oven for the first time:
Heat the oven using **GRILL** mode without food for 20 minutes. See note on page 9.

1. 

2.

x1

3. 

SETTING THE CLOCK

There are two setting modes: 12 hour clock and 24 hour clock:

1. To set the 12 hour clock, press the **DELAY START/CLOCK SET** key once, 12 H will appear in the display.

x1

2. To set the 24 hour clock, press the **DELAY START/CLOCK SET** key twice, 24 H will appear in the display.

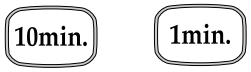
x2

Example:
To set the 24 hour clock to 23:35:

1. Select the 24 hour clock.

x2

2. To enter the hours press the **10 MIN** key twice then the **1 MIN** key three times.

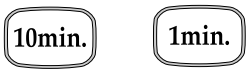


x2 **x3**

3. To change from hours to minutes press the **DELAY START/ CLOCK SET** key once.

x1

4. To enter the minutes press the **10 MIN** key 3 times then the **1 MIN** key 5 times.



x3 **x5**

5. To start the clock press the **DELAY START/ CLOCK SET** key once.

x1

Check the display:

NOTES:
- To check the time of day during a cooking process, press **DELAY START/CLOCK SET** key and the time of day will remain on the display as long as you keep your finger on the key. This does not affect the cooking process.
- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show : when cooking is complete.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show: 88:88 after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the above example again.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

HOW TO OPERATE THE OVEN

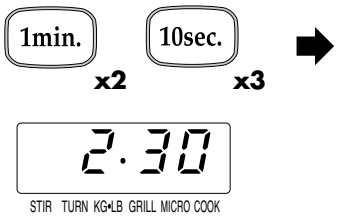
Opening and closing the door:
To open the oven door, pull the door opening handle. The oven lamp will come on while the door is open. Close the door firmly and the oven lamp will go out.

Starting the oven:
Prepare and place food in a suitable container onto the turntable or directly onto the turntable. Close the door and press the **START/AUTO MINUTE** key.

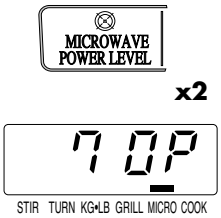
Stopping the oven:
If you wish to stop the oven during cooking press the **STOP/CLEAR** key once or open the oven door. If you wish to cancel the cooking programme, press the **STOP/CLEAR** key twice.

Example:
To cook for 2 minutes and 30 seconds on 70P microwave power .

1. To enter the cooking time, press the **1 MIN** key twice then the **10 SEC** key three times.



2. To input the power level press the **MICROWAVE POWER LEVEL** key twice for 70P.



3. Press the **START/AUTO MINUTE** key once to start cooking.

The display will count down through the cooking time.

NOTES:

- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).
- When the door is opened during cooking, the cooking time on the display stops automatically. The cooking time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When oven operation is finished, the time of day will reappear on the display, if the clock has been set.
- If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** key. As long as your finger is touching the key the power level will be displayed.

GRILLING

The Grill heating element at the top of the oven cavity has one power setting only. It is efficient and economical.
The efficiency of the grill is assisted by the turntable which rotates simultaneously to ensure even browning. The grill is ideal for cooking bacon, gammon steak, fish fingers and tea cakes.
Use the high rack for grilling small items of food such as bacon, steak and toast, turn over halfway through grilling. Food can be placed directly on the racks or placed in a flan dish or on a heat-resistant plate.

When browning and crisping the surface of foods in a casserole dish, the high rack can be used if the container is shallow enough. However, it is advisable to place such containers directly on the turntable or low rack, allow a little extra time to brown and crisp as desired.

NOTE:
When first using the grill heater, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the grill heater without food for approx. 20 minutes.

Example:
To grill for 8 minutes.

1. To enter the grilling time, press the **1 MIN** key eight times.
2. Press the **GRILL** key once.
3. Press the **START/AUTO MINUTE** key once to start grilling.

DUAL GRILLING

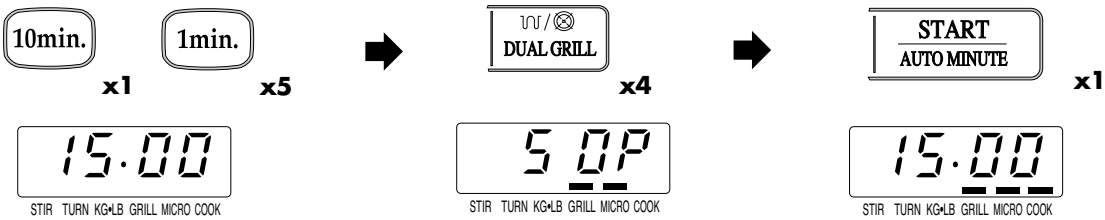
The **DUAL GRILL** feature enables a combination of any one of four microwave power levels with the grill, 10P, 30P, 50P and 70P.
The combination of microwaves with the grill reduces cooking time and provides a crisp, brown finish giving you the convenience of fast cooking with a traditional appetising appearance.

DUAL GRILL is pre-programmed to combine the grill with 30P microwave power. If you wish to change the microwave power level, press the **DUAL GRILL** or **MICROWAVE POWER LEVEL** key until the desired power level is shown on the display. The microwave power level will change.

NOTE: You cannot select the 100P power level.

Example:
To cook using DUAL GRILL, 50P microwave power for 15 minutes.

1. To enter the grilling time, press the **10 MIN** key once and the **1 MIN** key five times.
2. Press the **DUAL GRILL** key 4 times.
3. Press the **START/AUTO MINUTE** key once to start cooking.



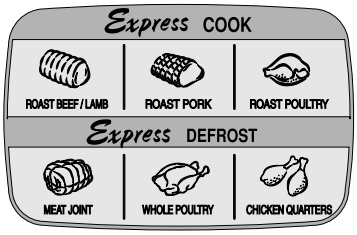
EXPRESS COOK/EXPRESS DEFROST

EXPRESS COOK/EXPRESS DEFROST enables you to cook or defrost the foods listed on the control panel and the charts on pages 11-12. Follow the example below for details on how to operate these functions.

EXPRESS COOK allows you to cook 3 popular menus from frozen or chilled.

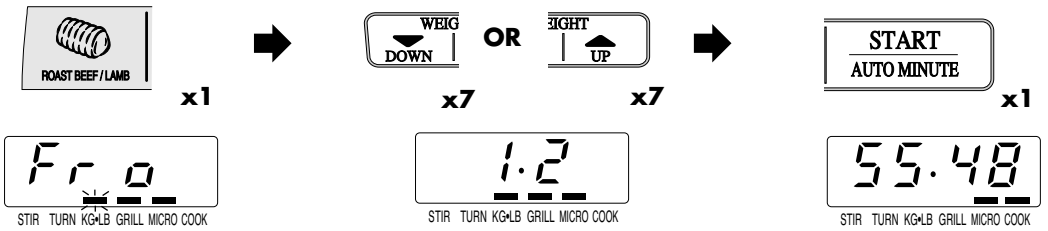
When cooking from frozen (-18°C) press the desired menu key once, [Fro] will appear on the display.

When cooking from chilled (5°C) press the desired menu key twice, [CHLL] will appear on the display.



Example 1: To cook medium Roast Beef weighing 1.2kg from frozen, using EXPRESS COOK.

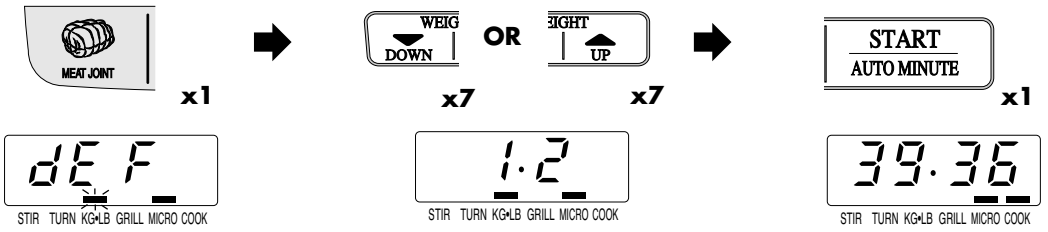
1. Press the **ROAST BEEF/ LAMB** key once to select cooking from frozen.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start cooking.



The display will count down through the cooking time.

Example 2: To defrost a Meat Joint weighing 1.2kg, using EXPRESS DEFROST.

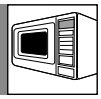
1. Select the menu required by pressing the **MEAT JOINT** key once.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start defrosting.



The display will count down through the defrosting time.

NOTE: If the **DOWN** (▼) weight key is pressed the display will count down from the highest weight range, each time the key is pressed.
If the **UP** (▲) weight key is pressed the display will count up from the lowest weight range, each time the key is pressed.
You can enter the weight by holding down the **WEIGHT** keys, as well as by pressing, until the desired weight appears.

EXPRESS COOK/EXPRESS DEFROST CHARTS



WEIGHT RANGE:

- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz.
- You are restricted to enter a weight within the range (see the following charts).
- To cook/defrost weights above or below that range or foods not included in the charts below, refer to the charts in the Cookbook section.

NOTES:

- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key where recommended in the charts below.
- When action is required (example, to turn food over), the oven stops, the audible signals sound, the remaining cooking time and an indicator will flash on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time manually.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering the weight. See page 19.
- When freezing foods for EXPRESS COOK, ensure food is fresh and of good quality.
- All menus on EXPRESS COOK use a combination of microwave power and grill during the cooking programme to provide a brown, crisp traditional looking and tasting result.
- If you use the AUTO MINUTE function during EXPRESS COOK/EXPRESS DEFROST operation, the food may be overcooked.

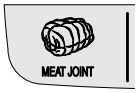
EXPRESS COOK

MENU	WEIGHT RANGE	COOKING PROCEDURE
Roast Beef/Lamb **x1**: Frozen **x2**: Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** Select **MORE** for well done. It is not possible to use the **LESS** function for beef/lamb.
Roast Pork **x1**: Frozen **x2**: Chilled	0.6kg - 1.8kg	• Place meat in a flan dish on the low rack. • Turn meat over when the audible signal sounds. • After cooking, leave meat to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** function for pork.
Roast Poultry **x1**: Frozen **x2**: Chilled	1.2kg - 1.8kg	• Pierce skin (chilled only) a few times and place poultry breast side down in a flan dish on the low rack. • Turn poultry over when the audible signal sounds. When cooking frozen poultry with giblets, remove the giblets at first or second turn over. • After cooking, leave poultry to stand wrapped in aluminium foil for 10 minutes. **NOTE:** It is not possible to use the **LESS** function for poultry. This menu is only suitable for cooking whole poultry.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

EXPRESS DEFROST CHART

EXPRESS DEFROST

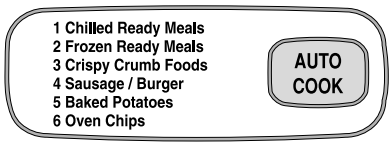
MENU	WEIGHT RANGE	COOKING PROCEDURE
Meat joint: Beef/Lamb/Pork 	0.6kg - 1.8kg	• Place meat in a flan dish on the turntable. • Turn over when audible signal sounds. • Stand, wrapped in foil, for 60-90 minutes until defrosted.
Whole Poultry	1.2kg - 1.8kg	• Place poultry breast side up in a flan dish on the turntable. • Turn over when audible signal sounds. • Stand, wrapped in foil, for 60-90 minutes until evenly defrosted.
Chicken Quarters	0.3kg - 1.2kg	• Place quarters best side up in a flan dish on the turntable. • Turn over and rearrange when audible signal sounds. • Stand, wrapped in foil, for 15-30 minutes until evenly defrosted.

For converting to Lb/oz see the conversion chart on page 25.
Weigh all meat and poultry prior to defrosting and cooking, as the labelled weight is only approximate.

Defrost: If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls. Do not cook the meat or poultry until thoroughly defrosted.

AUTO COOK

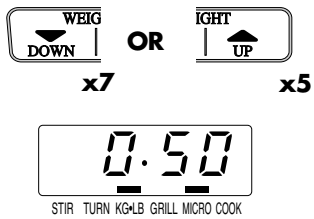
AUTO COOK enables you to cook foods listed on the control panel and the chart on pages 13 and 14. Follow the example below for details on how to operate this function.



EXAMPLE: To cook 0.5kg Chilled Ready Meals using AUTO COOK AC-1.

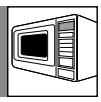
1. Select the menu required by pressing the **AUTO COOK** key once.

2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.



3. Press the **START/AUTO MINUTE** key to start cooking.

AUTO COOK CHART



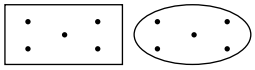
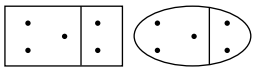
SELECTING MENU: The menu will be changed automatically by holding down the **AUTO COOK** key.

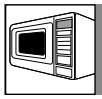
WEIGHT RANGE:

- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz
- Ready Meals AC-1 & AC-2 should be rounded up to the nearest 0.05kg (for example 0.34kg to 0.35kg).
- You are restricted to enter a weight within the range given (see the chart on pages 13 and 14).
- To cook weights below or above that range or foods not included in the chart on pages 13 and 14, refer to the charts in the Cookbook section.

NOTES:

- If the **DOWN** (▼) weight key is pressed the display will count down from the highest weight range/ number of pieces, each time the key is pressed.
  If the **UP** (▲) weight key is pressed the display will count up from the lowest weight range/number of pieces, each time the key is pressed.
- You can enter the weight by holding down the **WEIGHT** keys, as well as by pressing, until the desired weight appears.
- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key where recommended in the chart on pages 13 and 14.
- When action is required (example, to turn food over), the oven stops and the audible signals sound, the remaining cooking time and an indicator will flash on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking manually.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering the weight. See page 19.
- All menus with the exception of Chilled Ready Meals (AC-1) and Frozen Ready Meals (AC-2) use a combination of microwave power and grill during the cooking programme to provide a brown, crisp traditional looking and tasting result.
- If you use the AUTO MINUTE function during AUTO COOK operation, the food may be overcooked.

No	MENU	WEIGHT RANGE	COOKING PROCEDURE
AC-1	Chilled Ready Meals (5°C) Stirrable e.g: Spaghetti Bolognese, Beef stew Non-Stirrable e.g: Lasagne, Cottage pie	0.3kg - 0.8kg	• For one section containers, use a skewer to pierce film in five places.  • For two section containers, pierce using a skewer. Pierce meat/main portion three times and rice/pasta portion twice.  • For food contained in bag(s), pierce meat portion five times on each side. For rice/pasta pierce five times on one side only (where rice/pasta portion bags come already perforated, do not pierce further). • Place on the turntable. • Stir, if possible, when the oven indicates. • After cooking, leave to stand for 2-3 minutes before serving. **NOTE:** • For stirrable foods, stir as oven indicates. For food in bags, manipulate contents. For non-stirrable foods, it is not necessary to stir. • For non-stirrable foods, press the **MORE** key, before pressing the **START/AUTO MINUTE** key. • It is not possible to use the **LESS** function for these menus.
AC-2	Frozen Ready Meals (-18°C) Stirrable e.g: Spaghetti Bolognese, Beef stew Non-Stirrable e.g: Lasagne, Cottage pie	0.3kg - 0.8kg	

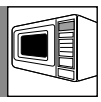


AUTO COOK CHART

No	MENU	WEIGHT RANGE	COOKING PROCEDURE
AC-3	Crispy Crumb Foods (ie fish fingers, chicken nuggets) (chilled & frozen)	0.1kg - 0.4kg	• Place the Crispy Crumb foods in a flan dish on the high rack. • Turn the food over when the oven indicates. After cooking, leave to stand for 2-3 minutes before serving. **NOTE:** Use the **MORE** key for Frozen Crispy Crumb foods.
AC-4	Sausages / Burgers (Sausages - chilled only) (Burgers - chilled and frozen)	1 - 4 portions	• Prick sausages. • Place on the high rack. • Turn over when oven indicates. **NOTE:** It is not possible to use the **LESS** key for this menu. • Select **MORE** for frozen burgers. CHILLED: 1 portion = 1 beefburger (1/4lb), 2 thick sausages or 4 thin sausages. FROZEN: 1 portion = 1 beefburger (1/4lb) (no sausages).
AC-5	Baked Potatoes	1 - 4 pieces (potatoes) 1 piece = 250g	• Pierce each potato in several places, place towards the edge of the turntable. • Turn over as oven indicates.
AC-6	Oven Chips	0.1kg - 0.4kg	• Place the frozen oven chips in a flan dish on the high rack. • Turn over when the oven indicates. **NOTE:** Use the **LESS** key for thin oven chips. Use the **MORE** key for thick oven chips.

For converting to Lb/oz see the conversion chart on page 25.

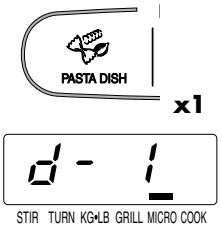
MEAL IN ONE



MEAL IN ONE enables you to cook 3 popular menus at the touch of a key (see chart below). Always refer to the MEAL IN ONE chart and the recipes on pages 33-35 in the Cookbook section before operating this function. Press the selected key once and the programmes will automatically start to cook after 2 seconds.

EXAMPLE: To cook Pasta Bolognese using PASTA DISH (d-1).

1. Select the menu required by pressing the **PASTA DISH** key once.



After 2 seconds the oven will start cooking automatically.

NOTES:

- The MEAL IN ONE function can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- When action is required (for example, to stir food) the oven stops and the audible signals sound, the remaining cooking time and any indicator will flash on the display. To continue cooking press the **START/AUTO MINUTE** key.
- You can use the **LESS/MORE** keys, see page 17.
- The final temperature will vary according to the initial food temperature. Check the food is piping hot after cooking. If necessary you can extend the cooking time manually.
- To cook menus or weights not included in the chart below, cook manually.
- If you use the AUTO MINUTE function during MEAL IN ONE operation, the food may be overcooked.
- Gratin uses a combination of microwave power and grill during the cooking programme to provide a brown, crisp traditional looking and tasting result.

No	MENU	WEIGHT	COOKING PROCEDURE
d-1	Pasta Dish:- includes Pasta bolognese, Pasta 'Quorn' bolognese	approx. 2.0kg*	See recipes for pasta dish on page 33 in the cookbook section. * Total weight of all ingredients.
d-2	Risotto:- includes Beef risotto, Chicken risotto, Fish risotto, Vegetable risotto	approx. 1.7kg*	See recipes for risotto on page 34 in the cookbook section. * Total weight of all ingredients.
d-3	Gratin:- includes Spinach gratin, Fish gratin, Chicken gratin	approx. 2.0kg*	See recipes for gratin on page 35 in the cookbook section. * Total weight of all ingredients.

CONVENIENT FUNCTIONS

1. MULTIPLE SEQUENCE COOKING:

A sequence of 3 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL** or **DUAL GRILL**.

Example:
To cook for: 5 minutes on 100P microwave power (Stage 1)
16 minutes on 30P microwave power (Stage 2)

STAGE 1

1. To input the time, press the **1 MIN** key 5 times.

x5

2. To input the power level press the **MICROWAVE POWER LEVEL** key once.

x1

STAGE 2

3. To input the time press the **10 MIN** key once and then press the **1 MIN** key 6 times.

x1

x6

4. To input the power level press the **MICROWAVE POWER LEVEL** key four times.

x4

5. Press the **START/AUTO MINUTE** key once to start.

x1

The oven will begin to cook for 5 minutes on 100P and then for 16 minutes on 30P.

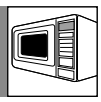
NOTE: If 100P is selected as the final power level, it is not necessary to input the power level.

2. AUTO MINUTE:

AUTO MINUTE enables you:
- To cook on 100P microwave power in multiples of 1 minute.
- To extend cooking time in multiples of 1 minute.

Example:
To cook on 100P for 2 minutes, press the **START/AUTO MINUTE** key twice.

NOTES:
- The AUTO MINUTE function for direct start, can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key.
- The cooking time may be extended to a maximum of 99 minutes.



3. LESS (▼) and MORE (▲):

The **LESS** (▼) and **MORE** (▲) keys allow you to cook/defrost food for more or less time than the preset programmes.

For Example: If you prefer Baked Potatoes which are cooked but still firm, use the **LESS** (▼) key.
Alternatively, if you prefer Baked Potatoes softer, use the **MORE** (▲) key.

- TO USE LESS AND MORE WITH EXPRESS COOK / EXPRESS DEFROST / AUTO COOK
  Press the **LESS** (▼) **/ MORE** (▲) key before pressing the **START/AUTO MINUTE** key.
- TO USE LESS AND MORE WITH MEAL IN ONE
  Press the **LESS** (▼) **/ MORE** (▲) key within 2 seconds after pressing the desired **MEAL IN ONE** key.

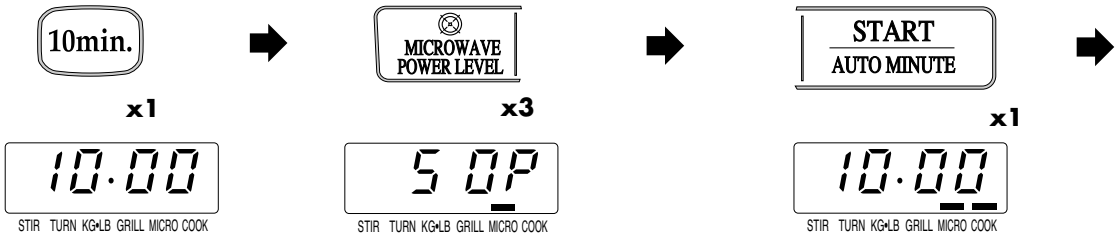
If you select **MORE**, the display will show PLUS. Alternatively, if you select **LESS**, the display will show LESS. Some menus cannot use the **LESS** function. If you select **LESS** for them, EE will appear when the **START/AUTO MINUTE** key is pressed.

NOTE: To cancel **LESS** (▼) **/ MORE** (▲), simply press the same key again.
To change **MORE** to **LESS** simply press the **LESS** (▼) key.
To change **LESS** to **MORE** simply press the **MORE** (▲) key.

- TO USE LESS AND MORE WITH MANUAL COOKING
  Press the **LESS** (▼) or **MORE** (▲) key to decrease or increase the cooking or defrosting time in multiples of 1 minute whilst the oven is in use. The overall cooking time can be increased to a maximum of 99 minutes.

Example: To cook on 50P for 10 minutes and then decrease the cooking time by 2 minutes:

1. To input the time press the **10 MIN** key once.
2. To input the power press the **MICROWAVE POWER LEVEL** key three times.
3. Press the **START/AUTO MINUTE** key once to start cooking.



4. To reduce the time by 2 minutes press the **LESS** key twice.

Cooking time is reduced by two minutes and continues to count down, for example:

NOTE: If you use this function for EXPRESS COOK, EXPRESS DEFROST, AUTO COOK and MEAL IN ONE, the food may be overcooked or under cooked.

CONVENIENT FUNCTIONS

4. DELAY START:

DELAY START enables you to programme the oven to cook at any time during the:

- next 12 hours (if the 12 hour clock is set).
- next 24 hours (if the 24 hour clock is set).

IMPORTANT: It is recommended the oven is always attended when in use. Check to ensure you have programmed the oven correctly. Exceeding cooking times and use of excessive power levels can lead to food overheating and cause a risk of fire.

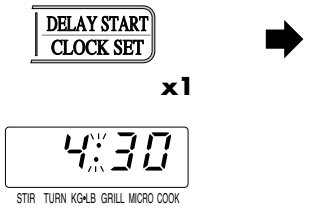
- You can use DELAY START only with manual cooking.
- Before programming the oven, always check the display is showing the correct time of day.
- Once the oven is programmed for DELAY START the display will flash between the time of day and Auto.
- If you press and hold the **DELAY START/ CLOCK SET** key, the DELAY START time will be displayed until you release your finger from the key.
- If you want to cancel a DELAY START programme, press the **STOP/CLEAR** key.
- The DELAY START time can only be entered in multiples of 10 minutes. It is not possible to enter less than 10 minutes or any time which is not in multiples of 10 minutes.
- If the door is opened after programming, close the door and press the **START/AUTO MINUTE** key to continue with DELAY START.

Example:

The current time of day is 1:00pm and you want to programme the oven to reheat a casserole on 50P for 40 minutes at 4:30pm. (In this example the oven is set to the 12 hour clock mode).

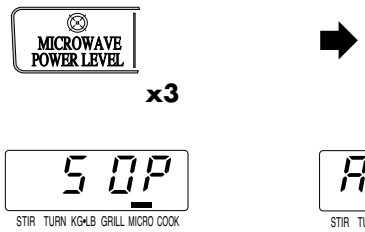
1. Enter the time at which you want the casserole to begin reheating by pressing the **TIME** keys.

2. Press the **DELAY START/ CLOCK SET** key once to set the start time for cooking.

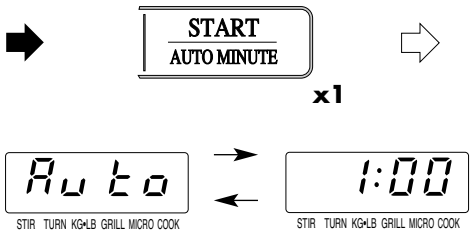


3. Enter the cooking time by pressing the **10 MIN** key four times.

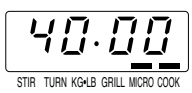
4. Enter the power level by pressing the **MICROWAVE POWER LEVEL** key three times.

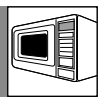


5. Press the **START/AUTO MINUTE** key to start the programme.



When the oven starts at 4:30pm, the preprogrammed sequence will start. The cooking time and mode will appear on the display.





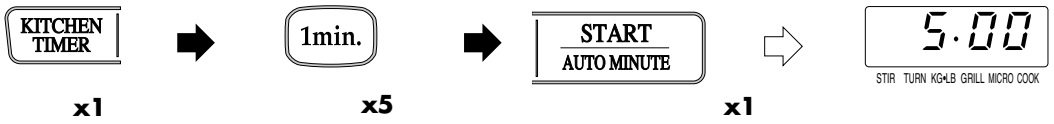
5. KITCHEN TIMER:

You can use the KITCHEN TIMER for timing where microwave cooking is not involved. For example, to time a boiled egg cooked on a conventional hob, to monitor the standing time for microwaved food or to remind you of the time when making a phone call.

Example: To set the timer for 5 minutes:

1. Press the **KITCHEN TIMER** key once.
2. Enter the desired time by pressing the **1 MIN** key 5 times.
3. Press the **START/ AUTO MINUTE** key once.

The display will count down. When the display reaches zero, the audible signal will sound.



x1 **x5** **x1**

You can enter any time up to 99 minutes, 90 seconds. To cancel the KITCHEN TIMER whilst counting down, simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.

NOTE: The KITCHEN TIMER function cannot be used whilst cooking or when the DELAY START function is set.

6. WEIGHT CONVERSION:

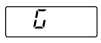
Your oven comes set for kg.
You can use the WEIGHT CONVERSION function to convert kg to lbs or vice-versa. The oven memorises the weight unit of the last operation, until you change it. To change from kg to lbs press the **WEIGHT CONVERSION** key when the display shows the time of day or before entering the weight.

Example:
To change from kg to lbs when using EXPRESS DEFROST "Whole Poultry" (3lb 15oz).

1. Press the **WHOLE POULTRY** key.
2. Press the **WEIGHT CONVERSION** key to change from kg to lbs.
3. Enter the weight by pressing the **WEIGHT** keys.
4. Press the **START/AUTO MINUTE** key once to begin cooking.

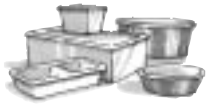
x1 **x1** **x1** **x22** **x1**

Display:

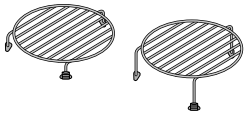
NOTE: If you change from lbs to kg, the display will show 

SUITABLE COOKWARE

For microwaving, use only those utensils suitable for microwave cookery as indicated below.
A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in the corners tends to overcook.

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	DUAL COOKING	
Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware ®).	**YES**	**YES**	**YES**	
Microwave-safe plastic cookware.	**YES**	**NO**	**NO**	
Microwave cling film, microwave roasting bags.	**YES** Microwave cling film and bags must be vented for steam to escape, pierce in 4-5 places. Do not use plastic or metal ties as they may melt or catch fire due to 'arcing'.	**NO**	**NO**	
Heat-resistant china and ceramics.	**YES** Except for dishes with metallic decoration.	**NO**	**NO**	
Disposable containers: Thin plastic, paper, straw and wooden containers.	**YES** Always attend the oven closely. Look at the oven from time to time when heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.	**NO**	**NO**	
Kitchen paper.	**YES** Always attend the oven closely. Only use to absorb fat and moisture when warming food. Pay special attention as over-heating may cause a fire in your oven.	**NO**	**NO**	
Browning dishes & self-heating packages.	**YES** Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. **Popcorn:** Only use microwave popcorn within recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed.	**NO**	**NO**	
Metal cookware.	**NO**	**YES** If desired, metal trays may be used.	**NO**	

SUITABLE COOKWARE

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	DUAL COOKING	
Aluminium foil & foil containers, made from "Micro Foil®".	**YES/NO** Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg. MicroFoil ®, follow instructions carefully.	**YES**	**YES/NO** Use aluminium foil for shielding only.	
Metal racks.	**YES** The metal racks supplied have been specially designed for all cooking modes and will not damage the oven.	**YES**	**YES**	

FOOD HANDLING & PREPARATION

Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Stir, turn & stand

For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting.

Initial and final temperature of food

The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature.
The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

Composition & quality

Food high in fat or sugar (Christmas pudding or mince pies) requires less heating time and should be watched, over-heating can lead to fire.
Good quality ingredients should be used for microwaving. Economical cuts of meat are recommended for casserole.

FOOD HANDLING & PREPARATION

Piercing **Food with skin (such as potatoes, apples, fish, chicken), or with membrane (such as the white and yolk of eggs, including boiled eggs), must be pierced in several places before cooking or reheating. If not, steam will build up and may cause food to explode.**
Note: Eggs in their shells and whole hard boiled eggs should not be heated in the microwave ovens since they may explode even after microwaving has ended.

Arrangement Place thickest parts of food on the outside of the dish, for example, the meaty ends of chicken drumsticks should be placed on the outside of the dish.

Covering Fish, vegetables and certain other foods benefit from being covered during microwave cookery, follow recommendations where given and use vented microwave cling film or a suitable lid.

Size & shape Food size and shape affect the amount of cooking time needed. When cooking more than one portion of the same food ensure they are of a similar size and shape.

Density & quantity Food density and quantity affect the amount of cooking time needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two.

Hygiene Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date.

ADVICE FOR COOKING

WARNING - Always attend the oven when in use.
Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven.

The microwave power level will default to 100P unless you press the **MICROWAVE POWER LEVEL** key to reach the desired setting. Take care when heating foods with high sugar or fat content, for example, Christmas pudding, mince pies and fruit cakes (see reheating chart in the cookbook section for guidance).
Before use, the user should check that utensils are suitable for use in microwave ovens.
Lids: Always remove lids from food jars and containers before you use them in the oven. If you do not, steam and pressure will build up inside and the container may explode.
Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable.
WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

ADVICE FOR REHEATING

WARNINGS:

Oil & Fat: Never heat oil or fat for deep frying as this may lead to overheating and fire. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, for example, Mince pies or Christmas pudding.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturers' instructions on the can.

Plated meals **Remove any poultry or meat portions, reheat these separately, see below.** Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50P, stir/rearrange halfway through reheating. Ensure food is thoroughly reheated before serving.

Casseroles Cover with vented microwave cling film or suitable lid, reheat on 50P. Stir frequently to ensure even reheating.

Poultry portions Place thickest parts of the portions on the outside of the dish, cover with vented microwave cling film and reheat on 70P. Turn over halfway through. NOTE: Ensure poultry is thoroughly reheated, before serving.

Sliced meat Cover with vented microwave cling film and reheat on 50P. Rearrange at least once to ensure even reheating. NOTE: Ensure meat is thoroughly reheated before serving.

Pies Place pies in a flan dish. Reheat meat pies on 70P and fruit pies on 50P.

Vegetables Cover with vented microwave cling film or suitable lid and reheat on 50P. Stir at least once during reheating.

ADVICE FOR DEFROSTING

Meat joints

Place in a flan dish, turn over at least 4-5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 60 - 90 minutes, until thoroughly defrosted.

Poultry

Place in a flan dish, turn over at least 3-4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 60 - 90 minutes, until thoroughly defrosted.
NOTE: Do not defrost poultry with giblets.

Steak, Chops & Chicken Portions

Place in a flan dish, separate during defrosting and turn over at least 2-3 times. Shield if necessary.

Cubed & Minced Meat

Place in a flan dish, stir or turn over at least 3-4 times during defrosting, remove defrosted parts each time.
Please refer to the defrosting chart on page 26.

Whole fish & Fillets

Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary.

Prepacked Frozen Foods

Remove packaging, including any foil and place in a suitable dish.

NOTES:

- To defrost food, use either 30P or 10P microwave power.
- Shield warm areas with small pieces of foil if necessary.
- It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting.
- Standing time is necessary to ensure thorough defrosting.
- Ensure food is defrosted thoroughly before use.

COOKBOOK

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INTRODUCTION

This Cookbook contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology is the efficient and effective alternative to conventional cooking.

The cookery notes below compliment all cooking procedures in this cookbook and should be read in advance of recipe preparation.

- Please weigh all meat and poultry prior to defrosting and cooking, as labelled weights are only approximate.
- Where dishes are covered use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- Please note that all preparation times and serving quantities are approximate.
- All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- Cooking times in the charts and recipes are based on standard conditions. Cooking results will vary according to the condition of foods, utensils and the oven. Please check the cooking result and, if necessary, adjust cooking times accordingly.
- Serve all dishes immediately unless otherwise stated.
- Butter and margarine can be interchanged on recipes, as preferred.
- Half-fat, skimmed or full-fat milk may be used in all recipes, as preferred.
- Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- Chilled foods are to be cooked from 5°C. **DO NOT COOK FROM FROZEN**.
- Ambient/fresh/dried/canned foods are to be cooked from 20°C. **DO NOT COOK FROM FROZEN**.
- Frozen foods are to be cooked from -18°C.

CONVERSION CHARTS

WEIGHT MEASURES	
15g	1/2oz
25g	1oz
50g	2oz
100g	4oz
175g	6oz
225g	8oz
450g	1lb

VOLUME MEASURES	
30ml	1floz
100ml	3floz
150ml	5floz (1/4pt)
300ml	10floz (1/2pt)
600ml	20floz (1pt)

SPOON MEASURES	
1.25ml	1/4 teaspoon
2.5ml	1/2 teaspoon
5ml	1 teaspoon
15ml	1 tablespoon

DEFROSTING CHARTS

FOOD	DEFROST TIME	MICRO POWER LEVEL	▼ METHOD	● STANDING TIME
Meat Joints (Beef,Lamb,Pork)	23-25 Minutes/ 450g (1lb)	10P	Place in a flan dish. Turn over 4-5 times during defrosting. Shield.	60-90 Minutes
Minced Meat	6-8 Minutes/ 450g (1lb)	30P	Place on a plate. Turn over 3-4 times, removing defrosted mince each time.	15-30 Minutes
Steak 2cm (3/4") thick	11-12 Minutes/ 450g (1lb)	30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
Chops	14-16 Minutes/ 450g (1lb)	30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
Liver	9-10 Minutes/ 450g (1lb)	30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
Sausages	10-12 Minutes/ 450g (1lb)	30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	15-20 Minutes
Bacon	10-12 Minutes/ 450g (1lb)	30P	Place on a plate. Separate and re-arrange twice during defrosting. Shield.	5-10 Minutes
Beefburgers	10-12 Minutes/ 450g(1lb)	30P	Place on a plate. Turn over and separate twice during defrosting.	15-20 Minutes
❖ **Whole Poultry (Chicken,Turkey,Duck)**	20-22 Minutes/ 450g(1lb)	10P	Place in a flan dish. Turn 4-5 times, during defrosting. Shield.	60-90 Minutes
Chicken Portions	8-9 Minutes/ 450g (1lb)	30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	25-30 Minutes
Chicken/Turkey Breasts & Drumsticks	10-12 Minutes/ 450g(1lb)	30P	Place in a flan dish. Turn 2-3 times, separate during defrosting. Shield.	15-30Minutes
Minced Turkey	10-12 Minutes/ 450g(1lb)	30P	Place in a bowl. Turn 3-4 times, removing defrosted mince each time.	15-20 Minutes
Whole Fish (Trout, Mackerel)	8-9 Minutes/ 450g(1lb)	30P	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 Minutes
Fish Fillets/Steaks	8-9 Minutes/ 450g (1lb)	30P	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 Minutes
Apples/Blackcurrants Redcurrants/Raspberries Blackberries/Gooseberries Rhubarb/Strawberries	7-8 Minutes/ 450g(1lb)	30P	Place in a dish. Stir during defrosting. Shield.	15-20 Minutes
Bread (sliced)	6 Minutes/ 400g(14oz)	30P	Place on the turntable. Separate and rearrange during defrosting.	5-10 Minutes
Pastry (Puff or Shortcrust)	5 Minutes/ 450g(1lb)	30P	Place on a plate. Turn over half way through defrosting.	10-15 Minutes
Meat & Fruit Pies (cooked)	7 Minutes/ large pie	30P	Remove from foil container. Place in a flan dish.	15-20 Minutes

NOTE: Do not use the rack for defrosting.

▼ Method: If shielding is necessary, use small pieces of foil.
❖ Poultry: Chicken, turkey and duck must be defrosted without giblets.
● Standing Time: During recommended standing time, wrap or cover food in foil.

COOKING CHARTS

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Beef (rare) (Topside, Silverside)	9-10 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Beef (medium) (Topside, Silverside)	12-13 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Beef (well done) (Topside, Silverside)	16-17 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Beefburgers	10 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	2-3 Minutes
Minced Meat	8 Minutes/ 450g (1lb)	70P	Place in a bowl. Stir 2-3 times during cooking.	2-3 Minutes
Sausages (thick)	4 Minutes/ 4 sausages	100P	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
	6 Minutes/ 8 sausages	100P	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
Sausages (thin)	2 Minutes/ 4 sausages	100P	Place in a flan dish. Turn over halfway through cooking.	2 Minutes
Lamb (Fillet, Shoulder, Leg)	17 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Lamb Chops	10 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	5 Minutes
Pork (Loin, Leg)	18-19 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Pork Chops (with bone)	17 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	4-5 Minutes
Pork Chops (boneless)	13 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	4-5 Minutes
Gammon Joint	18-19 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over 4 times during cooking.	10 Minutes
Bacon	3 Minutes/ 4 slices	100P	Place on a plate. Turn over halfway through cooking.	1 Minute
Whole Poultry (Chicken, Turkey, Duck)	14 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	10 Minutes
Chicken Portions (Chicken/Turkey Breasts & Drumsticks)	14 Minutes/ 450g (1lb)	70P	Place in a flan dish. Turn over halfway through cooking.	5 Minutes
Minced Turkey	9 Minutes/ 450g (1lb)	70P	Place in a bowl. Stir 2-3 times during cooking.	5 Minutes
Fish Fillets	6-7 Minutes/ 450g (1lb)	100P	Place in a single layer in a flan dish. Cover and cook.	2-3 Minutes
Whole Fish & Steaks	7 Minutes/ 450g (1lb)	100P	Place in a single layer in a flan dish. Cover and cook.	2-3 Minutes

NOTES:

- All foods in this chart are cooked from chilled (5°C).
- Remove cooking juices halfway through cooking.
- DO NOT COOK FROM FROZEN USING THESE TIMINGS.

COOKING CHARTS

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Aubergines & Broccoli (fresh)	6 Minutes/ 225g (8oz)	100P	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Beans (green - fresh)	6 Minutes/ 225g (8oz)	100P	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Brussels Sprouts (fresh)	6 Minutes/ 225g (8oz)	100P	Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Cabbage, Carrots, Cauliflower, Celery (fresh)	6 Minutes/ 225g (8oz)	100P	Slice or break into florets. Add 30ml (2tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Corn on the Cob (fresh)	7 Minutes/ 225g (8oz)	100P	Add 45ml (3tbsp) water. Cover. Turnover halfway through cooking.	2 Minutes
Courgettes & Leeks (fresh)	5 Minutes/ 225g (8oz)	100P	Slice. Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Parsnips & Leaf Spinach (fresh)	6 Minutes/ 225g (8oz)	100P	Slice. Add 45ml (3tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Peas (fresh)	5 Minutes/ 225g (8oz)	100P	Add 30ml (2tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Potatoes, Jacket (250g/9oz - each) (fresh)	12 Minutes/ 2 potatoes	100P	Pierce in several places. Place on the edge of the turntable.	4 Minutes
Potatoes, Boiled (old & new - fresh)	11 Minutes/ 225g (8oz)	100P	Cut into quarters. Add 60ml (4tbsp) water. Cover. Stir halfway through cooking.	4 Minutes
Swede & Turnips (fresh)	8 Minutes/ 225g (8oz)	100P	Dice. Add 45ml (3tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Beans & Cabbage (green - frozen)	6 Minutes/ 225g (8oz)	100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Broccoli, Spinach, Brussels Sprouts (frozen)	7 Minutes/ 225g (8oz)	100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Carrots - sliced (frozen)	7 Minutes/ 225g (8oz)	100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	3 Minutes
Cauliflower florets (frozen)	6 Minutes/ 225g (8oz)	100P	Place in dish. Add 15ml (1tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Corn on the Cob (frozen)	12 Minutes/ 2 cobs	100P	Place in dish. Cover dish. Turnover halfway through cooking.	3 Minutes
Peas, Sweetcorn & Mixed Vegetables (frozen)	6 Minutes/ 225g (8oz)	100P	Place in dish. Cover dish. Stir halfway through cooking.	2 Minutes
Apples & Rhubarb (fresh)	6 Minutes/ 450g (1lb)	100P	Peel & slice. Place in a dish and cover. Stir during cooking.	2 Minutes
Blackberries/Raspberries/Redcurrants (fresh)	6 Minutes/ 450g (1lb)	100P	Place in a dish and cover. Stir during cooking.	2 Minutes

NOTES:

- Prior to cooking, fresh vegetables and fruit are at ambient temperature (20°C).
- Frozen vegetables are cooked from -18°C.

COOKING CHARTS

FOOD	⁕ COOKING TIME	MICRO POWER LEVEL	METHOD	● STANDING TIME
White rice (long grain)	14 - 15 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	2 Minutes
Brown rice	20 - 21 Minutes	70P	Add 400ml (14fl.oz) boiling water/100g (4oz) rice. Do not cover. Stir twice during cooking.	2 Minutes
DRIED PASTA				
Spaghetti (short cut)	11 - 12 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Macaroni (short cut)	12 - 13 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tagliatelle	10 - 11 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Pasta shells	11 - 12 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
FRESH PASTA				
Spaghetti/ Tagliatelle	3 - 5 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Fusilli/Penne/ Conchiglie/ Farfalle	3 - 5 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Ravioli	6 - 8 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tortellini (white)	6 - 8 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tortellini (brown)	8 - 10 Minutes	70P	Add 300ml (1/2 pint) boiling water/100g (4oz) pasta. Do not cover. Stir twice during cooking.	2 Minutes
EGGS	**INGREDIENTS**			
Omelette	15g (1/2oz) butter 4 eggs (size 3) 90ml (6tbsp) milk salt & pepper	100P	1 Whisk together eggs and milk. Season. 2 Place butter in a 25.4cm (10") flan dish. Heat on 100P for 1 minute, until melted. Coat the dish with the melted butter. 3 Pour omelette mixture into flan dish. Cook on 100P for 2 minutes. Whisk mixture and cook again on 100P for 4 minute.	30 Seconds
Scrambled	15g (1/2oz) butter 2 eggs (size 3) 30ml (2tbsp) milk salt & pepper	70P	1 Melt the butter in a bowl on 70P for 30 seconds. 2 Add the eggs, milk and seasoning and mix well. 3 Cook on 70P for 3 minutes, stirring every 30 seconds.	30 Seconds

⁕ Cooking Time: Cooking time is constant for any quantity of rice or pasta, quantity of boiling water has to be adjusted according to quantity of rice or pasta, see Method.

● Standing Time (rice & pasta only): After standing, rinse in boiling water prior to serving.

NOTE: Eggs and Fresh Pasta are cooked from chilled (5°C).

REHEATING CHART

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Canned foods (Soup, Baked beans, Spaghetti, Vegetables)	6-7 Minutes/ 425g (15oz) can	70P	Remove from can. Place in a dish and cover. Stir halfway through cooking.	2 Minutes
Bread rolls (med.) Croissants (ambient)	40-50 Seconds/ 2 croissants/2 rolls	70P	Place on kitchen roll.	Nil
Christmas pudding (ambient)	40 Seconds/125g (5oz) slice 1 Minute/175g (6oz) pudding	70P	Place in a flan dish. Do not exceed cooking time advised by food manufacturer.	30 Seconds
Sausage rolls (cooked, chilled approx. 50g (2oz) each)	50 Seconds/2 sausage rolls 1 Minute/4 sausage rolls 2 Minutes/6 sausage rolls	70P	Place in a flan dish. Do not exceed cooking time advised by food manufacturer.	30 Seconds
Quiche (cooked, chilled)	5-6 Minutes/small quiche 7-8 Minutes/large quiche	70P	Remove from foil container and place in a flan dish or on a plate.	1-2 Minutes 2-3 Minutes
Meat pie (cooked, chilled)	5-6 Minutes/small pie 9-10 Minutes/large pie	70P	Remove from foil container and place in a flan dish or on a plate.	2-3 Minutes 3-4 Minutes
Fruit pie (cooked, chilled)	15-30 Seconds/50g - 70g 5 Minutes/450g(1lb) 7-8 minutes/600g (1lb 5oz)	50P	Remove from foil container and place in a flan dish or on a plate.	1 Minute 1-2 Minutes 2-3 Minutes

NOTE: Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies. DO NOT EXCEED THE REHEATING TIMES GIVEN IN THE CHART ABOVE.

GRILLING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Bacon (chilled)	13-14 Minutes/ 1-4 rashers	Place in a flan dish on the high rack. Turn over 3/4 way through cooking. No standing time required.	GRILL
Beef/Gammon Steak (chilled)	20-22 minutes/ 1-2 steaks (250g each)	Place on the high rack. Turn over after 12 minutes. Stand for 3 minutes after cooking.	GRILL
Fish fingers (frozen)	20 minutes/ 1-12 fingers	Place on the high rack. Turn over after 12 minutes. Stand for 2 minutes after cooking.	GRILL
Toast (ambient)	8 minutes/ 1-4 slices	Place on the high rack. Turn over after 5 minutes. No standing time required.	GRILL
Cheese on toast (cheese - chilled) (bread - ambient)	14 minutes/ 2 slices	Place bread on the high rack. Grill one side for 4 minutes, turn over and cover with 75 g grated cheese. Grill for remaining time. No standing time required.	GRILL
Tea cakes and muffins (ambient)	7 minutes/ 1-4 halves	Slice in half. Place on the high rack. Turn over after 4 minutes. No standing time required.	GRILL
Crumpets (ambient)	18 minutes/ 1-4 crumpets	Place on the high rack. Turn over after 12 minutes. No standing time required.	GRILL
Pitta Bread (ambient)	7 minutes/ 1-2 pittas	Place on the high rack. Turn over halfway through cooking. No standing time required.	GRILL
Croissants (ambient)	6 minutes/ 1-4 croissants	Place on the high rack. Turn over halfway through cooking. No standing time required.	GRILL

NOTES:
- Ambient foods are reheated from 20°C.
- Chilled foods are reheated/cooked from 5°C.

DUAL GRILL CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Beef rare (chilled)	12-13 Minutes per 450g (1lb)	Place fat side down in a flan dish on the low rack. Calculate the cooking time. Use Multiple Sequence cooking. (Page 16). **Stage 1:** Cook on 70P. Turn over halfway through Stage1. **Stage 2:** Cook on DUAL GRILL, 70P for the final 8 minutes of cooking time. Turn over after 4 minutes. Stand for 10 minutes after cooking.	**Stage 1:** 70P **Stage 2:** DUAL GRILL 70P
Beef/Lamb medium (chilled)	14-15 Minutes per 450g (1lb)	As above	As above
Beef/Lamb (Well done) (chilled)	18-19 Minutes per 450g (1lb)	As above	As above
Pork (chilled)	18-19 Minutes per 450g (1lb)	Place fat side down in a flan dish on the low rack. Calculate the cooking time. **Stage 1:** Cook on 70P throughout, apart from the last 8 minutes. Turn over, remove juices halfway through Stage 1. **Stage 2:** Cook on DUAL GRILL, 70P for the final 8 minutes of cooking time. Turn over halfway through Stage 2. Stand for 10 minutes after cooking.	**Stage 1:** 70P **Stage 2:** DUAL GRILL 70P
Poultry (Max. 1.8kg 4lb) (chilled)	13-14 Minutes per 450g (1lb)	Place breast side down in a flan dish on the turntable. Calculate the cooking time. Use Multiple Sequence cooking. (Page 16). **Stage 1:** Cook on 70P throughout, apart from the last 8 minutes. Turn over, remove juices halfway through Stage 1. **Stage 2:** Cook on DUAL GRILL, 70P for the final 8 minutes of cooking time. Stand for 10 minutes after cooking.	**Stage 1:** 70P **Stage 2:** DUAL GRILL 70P
Chicken Portions (chilled)	12-13 Minutes per 450g (1lb)	Place best side down in a flan dish on the high rack. Calculate the cooking time. Use Multiple Sequence cooking. (Page 16). **Stage 1:** Cook on 70P throughout cooking time, apart from the last 8 minutes. **Stage 2:** Cook on DUAL GRILL, 70P for the final 8 minutes of cooking time. Turn over halfway through Stage 2. Stand for 5 minutes after cooking.	**Stage 1:** 70P **Stage 2:** DUAL GRILL 70P
Pork chops (with bone) (chilled)	15-16 Minutes per 450g (1lb) chops	Place in a flan dish on the high rack. Turn over 3/4 way through cooking. Stand for 3-4 minutes after cooking.	DUAL GRILL 50P
Lamb chops & Boneless Pork Chops (chilled)	13-14 Minutes per 450g (1lb) chops	As above.	DUAL GRILL 30P
Sausage (thick & thin) (chilled)	10-12 Minutes per 450g (1lb) sausages	Place in a flan dish on the high rack. Turn over halfway through cooking. Stand for 2-3 minutes after cooking.	DUAL GRILL 50P
Beefburgers (frozen)	9-10 Minutes per 450g (1lb) beefburgers	As above	DUAL GRILL 30P

NOTES:

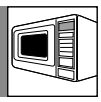
- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

DUAL GRILL CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Crispy crumb foods (chilled)	8-9 Minutes for 100g (4oz)	Place in a flan dish on the high rack. Use Multiple Sequence cooking. (Page 16). **Stage 1:** Cook on DUAL GRILL, 30P for the first half of cooking time. Turn over. **Stage 2:** GRILL for second half of cooking time. Stand for 2-3 minutes after cooking.	**Stage 1:** DUAL GRILL 30P **Stage 2:** GRILL
	11-12 Minutes for 200g (7oz)	As above.	**Stage 1:** DUAL GRILL 30P **Stage 2:** GRILL
	13-14 Minutes for 400g (14oz)	As above.	**Stage 1:** DUAL GRILL 30P **Stage 2:** GRILL
Crispy crumb foods (frozen)	9-10 Minutes for 100g (4oz)	Place in a flan dish on the high rack. Turn over 3/4 way through cooking. Stand for 2-3 minutes after cooking.	DUAL GRILL 50P
	11-12 Minutes for 200g (7oz)	As above.	DUAL GRILL 50P
	13-14 Minutes for 400g (14oz)	As above.	DUAL GRILL 50P
Oven ready Pizza (chilled)	6 Minutes for 100g (4oz)	Place in a flan dish on the high rack. Stand for 2-3 minutes after cooking.	DUAL GRILL 30P
	10 Minutes for 400g (14oz)	As above.	DUAL GRILL 30P
	12 Minutes for 600g (1lb 6oz)	As above.	DUAL GRILL 30P
Oven chips (frozen)	12 Minutes for 225g (8oz)	Place in a flan dish on the high rack. Turn over 3/4 way through cooking. No standing time is required.	DUAL GRILL 30P
	16 Minutes for 450g (1lb)	As above.	DUAL GRILL 30P
Baked potatoes (fresh)	16-17 Minutes for 2 Potatoes (250g each)	Pierce each potato in several places. Place in a flan dish on the turntable. Turn over after 10 minutes of the cooking time. No standing time is required.	DUAL GRILL 70P
Garlic Bread (chilled)	7 Minutes for 1 baguette	Remove any packaging. Place in a flan dish on the low rack. No standing time is required.	DUAL GRILL 10P
Toasted Sandwich (bread - ambient) (cheese/ham - chilled)	6 Minutes for 1 sandwich	Prepare sandwich: Place two slices of ham and 50g (2oz) grated cheese between 2 slices of bread and butter. Place sandwich in a flan dish on the low rack. Turn over after 3 minutes of the cooking time. No standing time is required.	DUAL GRILL 10P

NOTES:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.



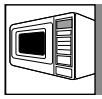
d-1 PASTA DISH

PASTA BOLOGNESE
Serves 4
120g (5oz) onion, finely chopped
80g (3 1/2oz) celery, finely chopped
2 cloves garlic, crushed
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2 tbsp) tomato puree
350g (12oz) lean minced beef
15ml (1 tbsp) dried mixed herbs
200ml (1/3 pint) red wine
500ml (18fl.oz) hot beef stock
salt and pepper to taste
250g (8 1/2oz) dried pasta

PASTA "QUORN" BOLOGNESE
Serves 4
120g (5oz) onion, finely chopped
80g (3 1/2oz) celery, finely chopped
2 cloves garlic, crushed
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2 tbsp) tomato puree
350g (12oz) Quorn mince
15ml (1 tbsp) dried mixed herbs
200ml (1/3 pint) red wine
500ml (18fl.oz) hot vegetable stock
salt and pepper to taste
250g (8 1/2oz) dried pasta

1 Place all ingredients into a 2.5L casserole dish and mix well.
2 Place on the turntable. **Do not cover.**
3 Cook using MEAL IN ONE "Pasta Dish" key.
4 Stir when the oven indicates and again at the end of cooking.

NOTES:
- "Quick cook" pasta is not recommended for use in the above recipes.
- "Quorn" mince can be used from frozen or fresh.



RECIPES FOR MEAL IN ONE MENUS

d-2 RISOTTO

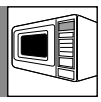
BEEF RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
225g (8oz) beef fillet, thinly sliced into 2" strips
2.5ml ($^1/_2$ tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (7oz) white long grain rice
700ml ($1^1/_4$ pint) hot beef stock
salt and pepper to taste

CHICKEN RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
225g (8oz) chicken fillet, thinly sliced into 2" strips
2.5ml ($^1/_2$ tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (7oz) white long grain rice
700ml ($1^1/_4$ pint) hot chicken stock
salt and pepper to taste

FISH RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
225g (8oz) white fish fillet, thinly sliced into 2" strips
2.5ml ($^1/_2$ tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (7oz) white long grain rice
700ml ($1^1/_4$ pint) hot fish stock
salt and pepper to taste

VEGETABLE RISOTTO
Serves 4
125g (5oz) onion, chopped
100g (4oz) celery, sliced
100g (4oz) green pepper, seeded and sliced
100g (4oz) red pepper, seeded and sliced
125g (5oz) broccoli florets
100g (4oz) carrot, sliced
2.5ml ($^1/_2$ tsp) cayenne pepper
5 ml (1 tsp) ground cumin
grated rind of 1 lemon
100g (4oz) canned sweetcorn, drained
200g (7oz) white long grain rice
700ml ($1^1/_4$ pint) hot vegetable stock
salt and pepper to taste

1 Place all ingredients into a 2.5L casserole dish and mix well.
2 Place on the turntable. **Do not cover.**
3 Cook using MEAL IN ONE "Risotto" key.
4 Stir when the oven indicates and again at the end of cooking.



d-3 GRATIN

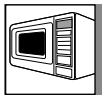
SPINACH GRATIN
Serves 4
75g (3oz) onion, chopped
2 cloves garlic, crushed
300g (11oz) cooked spinach, chopped
75g (3oz) celery, sliced
75g (3oz) yellow peppers, sliced
125g (5oz) courgettes, sliced
400g (14oz) canned, chopped tomatoes
2.5ml ($^1/_2$ tsp) dried basil
2.5ml ($^1/_2$ tsp) mustard powder
salt and pepper to taste
600g (1lb 6oz) cooked potatoes, sliced
125g (5oz) Double Gloucester cheese, grated
3 eggs (size 3)
150ml ($^1/_4$ pint) single cream

CHICKEN GRATIN
Serves 4
75g (3oz) onion, chopped
2 cloves garlic, crushed
450g (1lb) cooked chicken, chopped
125g (5oz) courgettes, sliced
400g (14oz) canned, chopped tomatoes
2.5ml ($^1/_2$ tsp) dried basil
2.5ml ($^1/_2$ tsp) mustard powder
salt and pepper to taste
600g (1lb 6oz) cooked potatoes, sliced
125g (5oz) Double Gloucester cheese, grated
3 eggs (size 3)
150ml ($^1/_4$ pint) single cream

FISH GRATIN
Serves 4
75g (3oz) onion, chopped
2 cloves garlic, crushed
450g (1lb) cooked fish fillet, chopped
125g (5oz) courgettes, sliced
400g (14oz) canned, chopped tomatoes
2.5ml ($^1/_2$ tsp) dried basil
2.5ml ($^1/_2$ tsp) mustard powder
salt and pepper to taste
600g (1lb 6oz) cooked potatoes, sliced
125g (5oz) Double Gloucester cheese, grated
3 eggs (size 3)
150ml ($^1/_4$ pint) single cream

1 Mix all ingredients together in a bowl except, potatoes, cheese, eggs and cream.
2 Place half of this mixture in the bottom of an oval 'Pyrex' dish (30cm x 21cm x 5cm) or a round 'Pyrex' dish (26.5cm diameter x 4.5cm).
3 Layer half the potatoes on top and sprinkle with half the cheese.
4 Repeat with the remaining mixture, finishing with a layer of potatoes.
5 Mix the eggs and cream together and pour over the gratin. Sprinkle with the remaining cheese.
6 Place on the low rack and cook using MEAL IN ONE "Gratin" key.

NOTES:
- The above recipes are ideal for using leftovers from meals such as roast chicken. We recommend to chill chicken and fish before using in the recipes.
- Canned potatoes can be used in place of cooking fresh potatoes. Canned or frozen spinach can be used in place of cooking fresh spinach.
- PLEASE ENSURE WHERE STATED, THESE INGREDIENTS ARE COOKED BEFORE USING THEM IN GRATIN.



RECIPES

AVOCADO AU GRATIN

Serves 2-4
50g (2oz) butter
50g (2oz) fresh brown breadcrumbs
50g (2oz) cooked ham, finely chopped
90ml (6tbsp) double cream
salt and pepper to taste
5ml (1tsp) fresh parsley, chopped
2 large ripe avocados
15ml (1tbsp) lemon juice
50g (2oz) cheese, grated
fresh parsley sprigs to garnish

1 Place the butter in a bowl and heat on 100P for 1 minute. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley, cook on 100P for 2 - 3 minutes.
2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
3 Place the avocados in a large flan dish and sprinkle with the grated cheese.
4 Place the dish on the high rack, use sequence programming to cook on 100P for 2 minute, then on GRILL for 6 minutes until brown and crispy.

CREAMY MUSHROOM SOUP

Serves 4
125g (5oz) onion, chopped
225g (8oz) mushrooms, sliced
25g (1oz) butter
25g (1oz) plain flour
300ml ($^1/_2$ pint) milk
450ml ($^3/_4$ pint) hot vegetable stock
2.5ml ($^1/_2$ tsp) dried marjoram (see Tip, page 37)
2.5ml ($^1/_2$ tsp) dried basil (see Tip, page 37)
salt and pepper to taste
150ml ($^1/_4$ pint) double cream

1 Cook the onion, mushrooms and butter together in a bowl on 100P for 4 minutes.
2 Stir in the flour to form a paste, gradually add the milk and stock.
3 Stir in the marjoram, basil, salt and pepper to taste. Cook on 100P for 8 - 10 minutes, stir after 4 minutes.
4 Blend and add the cream, cook on 100P for 6 minutes

BROCCOLI & BLUE CHEESE SOUP

Serves 4
15ml (1tbsp) sunflower oil
225g (8oz) onion, finely chopped
400g (14oz) broccoli, broken into small florets
25g (1oz) plain flour
1 litre (1$^3/_4$ pints) hot vegetable stock
300ml ($^1/_2$ pint) milk
225g (8oz) Double Gloucester cheese, grated
salt and pepper to taste

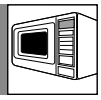
1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on 100P for 5 minutes.
2 Stir in the flour to form a paste, add the stock, milk and cheese, mix well. Cover and cook on 100P for 10 minutes.
3 Blend in a food processor. Return to bowl and season. Heat on 70P for 18 minutes, stir 3 - 4 times.

CRISPY STUFFED MUSHROOMS

Serves 2 - 3
6 medium open cap mushrooms
75g (3oz) butter
2 cloves garlic, crushed (See Tip, page 40)
75g (3oz) fresh breadcrumbs
50g (2oz) cheese, grated

Variation:
Stilton Stuffed Mushrooms: Omit garlic and grated cheese. Add 100g (4oz) Stilton, crumbled at Stage 2.

1 Remove and chop mushroom stalks. Place mushroom caps in a large flan dish open side up.
2 Heat butter with garlic on 100P for 1 minute, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
3 Place dish on the high rack and cook on DUAL GRILL, 50P for 6 minutes.



TUNA GRATIN

Serves 4
100g (4oz) butter
225g (8oz) onion, finely chopped
225g (8oz) pasta
600ml (1 pint) boiling water
350g (12oz) canned Tuna, drained
600ml (1 pint) white sauce (see page 50)
400g (14oz) canned, chopped tomatoes
225g (8oz) cooked broccoli
225g (8oz) grated cheddar cheese

1 Place butter in a large bowl, heat on 100P for 1 minute until melted. Stir in onion, cook on 100P for a further minute. Stir in pasta and boiling water, cook on 70P for 11 - 12 minutes until pasta is tender. Stir 2-3 times during cooking. Drain if necessary.
2 Mix the tuna, white sauce, tomatoes and broccoli with the seasoning. Cook on 70P for 10 minutes, stir after 5 minutes.
3 Add grated cheese, place on the turntable and cook on DUAL GRILL, 70P for 10 minutes.

CHEESY GOUJONS

Serves 4
450g (1lb) white fish fillets
150g (5 1/2oz) fresh Parmesan cheese
salt and pepper to taste
2.5ml (1/2tsp) mustard powder
1 egg (size 3), beaten
olive oil

1 Cut fish into thin strips approx. 6.4cm (2.5") long.
2 Combine Parmesan cheese, seasoning and mustard powder.
3 Dip fish strips first into egg, then into cheese coating. Coat evenly.
4 Brush a large flan dish with olive oil and spread half the coated fish in a single layer over the base.
5 Place on high rack. Use sequence programming to cook on DUAL GRILL,10P for 12 minutes, then on GRILL for 10 minutes, turn over after 6 minutes. Repeat for the remaining fish.

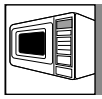
FISH KEBABS

Serves 4
4 wooden skewers
2 courgettes, cut into 8 chunks
4 medium mushrooms, stalks removed
450g (1lb) firm fleshed fish skinned and cut into 16 cubes
4 slices of orange
2 firm medium tomatoes, quartered
5ml (1tsp) fresh dill, chopped
50g (2oz) butter

1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
2 Heat the dill and butter in a small bowl on 100P for 1 minute. Brush kebabs with the dill butter, place in a flan dish on the high rack.
3 Cook on DUAL GRILL, 50P for 18 minutes. Turn over and rearrange the kebabs every 6 minutes.

Microwave Tip: Drying herbs

Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on 70P for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs take a little longer to dry than leafy herbs.



RECIPES

STEAK & KIDNEY PUDDING

Serves 4
450g (1lb) stewing steak, chopped
100g (4oz) kidney, chopped
175g (6oz) onion, chopped
2.5ml (1/2tsp) dried mixed herbs (see Tip, page 37)
450ml (3/4 pint) beef stock
15ml (1tbsp) cornflour mixed with a little water
pastry:
225g (8oz) self-raising flour
2.5ml (1/2tsp) salt
5ml (1tsp) baking powder
100g (4oz) suet
150ml (1/4 pint) cold water
15ml (1tbsp) milk

1 Place steak, kidney, onion, mixed herbs and stock in a casserole dish. Cover and cook on 50P for 40 minutes. Stir after half the cooking time and add the cornflour to thicken.
2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.
3 Add enough cold water to form a soft dough. Roll out 2/3 of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.
4 Fill pastry lined basin with meat. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, cook on 100P for 12 minutes.

CHILLI CON CARNE

Serves 4
45ml (3tbsp) vegetable oil
150g (5 1/2oz) onion, finely chopped
100g (4oz) celery, finely chopped
2 cloves garlic, crushed (see Tip, page 40)
75g (3oz) bacon, finely chopped
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2tbsp) tomato purée
450g (1lb) lean minced beef
15ml (1tbsp) dried mixed herbs (see Tip, page 37)
450g (1lb) canned red kidney beans
5-15ml (1-3 tsps) chilli powder, to taste
300ml (1/2 pint) red wine
300ml (1/2 pint) hot beef stock
salt and pepper to taste

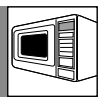
1 Place oil, onion, celery, garlic and bacon into a large bowl, mix well. Cover and cook on 100P for 7 minutes.
2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on 100P for 8 minutes, stir 2 - 3 times during cooking.
3 Add herbs, wine, kidney beans, chilli powder and stock. Season, mix well. Cover and cook on 100P for 5 minutes, then for 20 minutes on 50P until sauce is thick. Stir 2 - 3 times during cooking.

Serve hot with rice.

CASSEROLE

Serves 4
60ml (4 tbsp) plain flour
7.5ml (1 1/2 tsp) salt
7.5ml (1 1/2 tsp) pepper
15ml (1 tbsp) dried mixed herbs (see Tip, page 37)
500g (1lb 2oz) braising steak, diced
3 streaky bacon rashers, chopped
25g (1oz) butter
100g (4oz) carrot, sliced
300g (11oz) baby onions, whole
200ml (7fl.oz) hot beef stock
200ml (7fl.oz) red wine
50g (2oz) button mushrooms, sliced

1 Mix together the flour, salt, pepper and herbs. Toss the beef and bacon in the seasoned flour until well coated.
2 Put the butter in a casserole dish and melt on 100P for 30 seconds. Stir in the braising steak, bacon, carrot and onions.
3 Add in the beef stock, wine and mushrooms. Stir well and cover then cook on 30P for 50 minutes.
4 Leave to stand for 5 minutes before serving, so that the meat relaxes to improve the texture.



MEXICAN TACOS
Serves 4

225g (8oz) lean minced beef, pork or lamb
2 cloves garlic, crushed (see Tip, page 40)
75g (3oz) onion, chopped
2 fresh, green chillis, chopped
225g (8oz) canned, chopped tomatoes
100g (4oz) canned, red kidney beans
8 taco shells, pre-cooked
175g (6oz) Cheddar cheese, grated

1 Place the mince, garlic and onion in a bowl, mix well. Cook on 100P for 7 minutes, stir twice.
2 Stir in chillis, tomatoes and beans. Cook on 100P for 18 minutes. Place taco shells on kitchen paper on turntable. Heat on 100P for 2 minutes. Fill with chilli bean mixture, sprinkle with cheese.
3 Pack tacos together, open end up in a large casserole or flan dish. Place on turntable, cook on DUAL GRILL, 30P for 7 minutes.

Serve with Guacamole, soured cream and crisp salad.

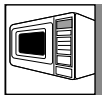
BEEF STROGANOFF
Serves 4
800g (1 3/4lb) rump steak, cut into strips
50g (2oz) plain flour
salt and pepper to taste
125g (5oz) onion, finely chopped
30ml (2tbsp) tomato purée
450ml (3/4 pint) hot beef stock
150ml (1/4 pint) white wine
100g (4oz) mushrooms, thinly sliced
15ml (1tbsp) cornflour blended with a little water
150ml (1/4 pint) soured cream

1 Place the steak, flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
2 Stir in the onion, purée, stock and wine. Cover and cook on 50P for 40 minutes, stir 2 - 3 times during cooking.
3 Stir in mushrooms and cornflour then cook on 50P for 6 minutes.
4 Stir in the cream before serving.

Serve on a bed of tagliatelle or rice.

SHEPHERDS PIE
Serves 4
45ml (3tbsp) vegetable oil
150g (5 1/2oz) onion, finely chopped
100g (4oz) celery, finely chopped
2 cloves garlic, crushed (see Tip, page 40)
75g (3oz) bacon, finely chopped
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2tbsp) tomato purée
450g (1lb) lean minced beef
30ml (2tbsp) dried mixed herbs (see Tip, page 37)
300ml (1/2 pint) hot beef stock
salt and pepper to taste
700g (1 1/2lb) mashed potato

1 Place the oil, onion, celery, garlic and bacon into a large bowl, mix well. Cover and cook on 100P for 7 minutes.
2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on 100P for 8 minutes, stir 2 - 3 times during cooking.
3 Add herbs, wine, stock. Season, mix well. Cover and cook on 100P for 5 minutes, then for 20 minutes on 50P until sauce is thick. Stir 2 - 3 times during cooking.
4 Place in a 2.5 litre casserole dish and cover with mashed potato.
5 Place on the turntable and cook on DUAL GRILL, 50P for 10 minutes, until brown.



RECIPES

CHICKEN BREASTS PARMESAN

Serves 4
50g (2oz) fresh breadcrumbs
50g (2oz) Parmesan cheese, freshly grated
1 egg (size 3), beaten
900g (2lb) boneless chicken breast
25g (1oz) plain flour
400g (14oz) canned chopped tomatoes
1 clove garlic, crushed (see Tip, below)
10ml (2tsp) fresh oregano, chopped
300ml ($^1/_2$ pint) chicken stock
salt and pepper to taste
50g (2oz) Cheddar or Parmesan cheese, grated

1 Combine breadcrumbs and cheese.
2 Beat the egg on a plate. Dip each breast first into the egg and then into the breadcrumb mixture until thoroughly coated, place in a 2.5 litre (approx. 4 pint) casserole dish and put to one side.
3 Place flour in a bowl, mix to a paste with a little of the tomato juice. Stir in the rest of the tomatoes, garlic, oregano and chicken stock, salt and pepper, mix well. Heat on 100P for 3 - 4 minutes, stirring every minute until thickened.
4 Spoon tomato mixture over the chicken breasts and sprinkle generously with grated cheese.
5 Place on turntable, use sequence programming to cook on 70P for 24 minutes (stir twice during cooking), then on DUAL GRILL, 70P for 6 mins.

Microwave Tip: Peeling garlic easily

Place 3-4 cloves of garlic on the turntable. Heat on 100P for 30 seconds, squeeze at one end until the clove pops out.

HONEYED CHICKEN

Serves 4
4 boneless chicken breasts (200g (7oz) each)
45ml (3tbsp) clear honey
5ml (1tsp) whole grain mustard
2.5ml ($^1/_2$tsp) dried tarragon (see Tip, page 37)
15ml (1tbsp) tomato purée
150ml ($^1/_4$ pint) chicken stock
15ml (1tbsp) cornflour
salt and pepper

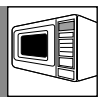
1 Place the chicken breasts in a casserole dish.
2 Mix all remaining ingredients together and pour over the chicken.
3 Cook on 70P for 20 minutes. Turnover and coat the chicken with the sauce several times during cooking.

CHICKEN CACCIATORE

Serves 4
225g (8oz) mushrooms, sliced
125g (5oz) onion, chopped
1 clove garlic, crushed (see Tip above)
60ml (4tbsp) tomato purée
300ml ($^1/_2$ pint) red wine
5ml (1tsp) dried oregano (see Tip, page 37)
5ml (1tsp) dried parsley (see Tip, page 37)
salt and pepper to taste
4 chicken fillets (200g (7oz) each)

1 Place the mushrooms, onion and garlic in a 2.5 litre (approx. 4 pint) casserole dish. Cook on 100P for 3 minutes.
2 Stir in remaining ingredients except the chicken, mix well.
3 Add chicken fillets and coat with the sauce.
4 Cook on 70P for 30 minutes, stir and coat the chicken twice during cooking.

Serve with rice or jacket potatoes.



CHICKEN KORMA

Serves 4
900g (2lb) chicken, cut into large pieces
175g (6oz) natural yoghurt
2 cloves garlic, crushed (see Tip, page 40)
50g (2oz) creamed coconut
10ml (2tsp) turmeric
25g (1oz) butter
125g (5oz) onion, sliced
5cm (2") piece fresh ginger, grated
5ml (1sp) chilli powder
5ml (1tsp) coriander seeds
5ml (1tsp) cumin
5ml (1tsp) cinnamon
10ml (2tsp) cornflour
150ml (1/4 pint) single cream
25g (1oz) roasted cashew nuts

1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate for at least 1 hour in the refrigerator.
2 Place butter in a large bowl, heat on 100P for 1 minute, until melted. Add the onion and cook on 100P for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on 100P for 1 minute.
3 Add the chicken and marinade, mix well. Stir in the cumin and cinnamon. Season, cover and cook on 100P for 8 minutes, stirring after 3 minutes.
4 Rearrange the chicken pieces and cook on 50P for 6 minutes. Stir halfway through cooking time.
5 Combine the cornflour with the cream and stir into the chicken. Cook on 100P for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts.

Serve with rice and poppadums.

CHICKEN & CAMEMBERT ROLLS

Serves 4
4 large chicken breast fillets, skinned (approx. 200g (7oz) each)
100g (4oz) Camembert, finely chopped
3 spring onions, finely chopped
2.5ml (1/2tsp) dried parsley
salt and pepper to taste
cocktail sticks to secure
75 g (3oz) cheddar cheese, grated

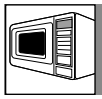
Sprinkle with toasted almonds to serve.

1 Open out chicken breasts, flatten with a rolling pin.
2 Place Camembert, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture at one end of each breast. Roll up tight and secure with cocktail sticks. Ensure no filling is visible.
3 Place the breasts, seam-side upwards in a flan dish.
4 Place on the low rack and cook on DUAL GRILL, 70P for 18 minutes, turn over and add cheese after 8 minutes.

CHICKEN SATAY

Serves 4
MARINADE:
15ml (1tbsp) groundnut oil
15 ml (1tbsp) lemon juice
60ml (4tbsp) satay sauce
1 clove crushed garlic
Tobasco sauce to taste
4 Wooden skewers
450g (1lb) chicken fillets, cubed

1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the high rack.
3 Cook on DUAL GRILL, 70P for 12 - 15 minutes. Turn over and rearrange the skewers 2 - 3 times.



RECIPES

CHEESE & POTATO LAYER

Serves 4
600g (1lb 5oz)par-boiled potatoes, thinly sliced.
225g (8oz) Cheddar cheese, thinly sliced
125g (5oz) onion, sliced
300g (11oz) leeks, sliced
100g (4oz) cooked ham, chopped
600ml (1 pint) white sauce (see page 50)
50g (2oz) cheese, grated

1 Place alternate layers of potato, cheese, onion, leek, ham and white sauce in a 2.5 lt (4pt) casserole dish until all ingredients are used. Top with grated cheese.
2 Place the casserole dish on the turntable, use sequence programming to cook at 70P for 14 minutes then on DUAL GRILL, 70P for 10 minutes.

VEGETABLE CHILLI

Serves 4 - 6
30ml (2tbsp) olive oil
175g (6oz) onion, chopped
2 cloves garlic, crushed (see Tip, page 40)
75g (3oz) tomato purée
225g (8oz) small carrots, chopped
1 red pepper, seeded and sliced
1 green pepper, seeded and sliced
150g (5 1/2oz) fresh baby sweetcorn, chopped
4 sticks celery, sliced
225g (8oz) courgettes, sliced
5ml (1tsp) ground cumin
10ml (2tsp) mild chilli powder
2.5ml (1/2tsp) cayenne pepper
400g (14oz) canned tomatoes
225g (8oz) canned haricot beans, drained
400g (14oz) canned red kidney beans in chilli sauce
300ml (1/2 pint) hot vegetable stock
15ml (1tbsp) cornflour blended with water

1 Place the oil, onion, garlic and tomato purée in a large bowl. Heat on 100P for 2 minutes.
2 Add the carrots, red and green pepper and sweetcorn. Mix well, cover and cook on 100P for 5 minutes.
3 Stir in the remaining ingredients (apart from the cornflour). Mix well and cook on 70P for 30 minutes, stir 3 - 4 times during cooking.
4 Add the blended cornflour, mix well and cook on 100P for 5 minutes.

Serve hot with rice or as a filling for tacos.

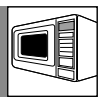
Microwave Tip: Heating taco shells

Place 8-10 pre-cooked crisp taco shells on kitchen paper on the turntable. Heat on 100P for 1 1/2 - 2 minutes until warm. Spoon in filling as preferred.

RED LENTIL LASAGNE

Serves 4 - 6
10ml (2tsp) olive oil
125g (5oz) onion, chopped
1 clove garlic, crushed (see Tip, page 40)
225g (8oz) leeks, sliced
100g (4oz) mushrooms, thickly sliced
10ml (2tsp) chopped fresh basil
10ml (2tsp) chopped fresh oregano
175g (6oz) red split lentils
800g (1 3/4lb) canned, chopped tomatoes
450ml (3/4 pint) hot vegetable stock
1 bay leaf
salt and pepper to taste
12 sheets lasagne (spinach)
600ml (1 pint) cheese sauce (see page 50)
50g cheddar cheese, grated

1 Place the oil, onion and garlic in a bowl, cook on 100P for 2 minutes.
2 Add the leeks, mushrooms, basil, oregano and lentils and then cook on 100P for 5 minutes.
3 Stir in the tomatoes with the vegetable stock and the bay leaf.
4 Cover and cook on 70P for 25 minutes.
5 Season and remove the bay leaf.
6 Put a layer of the lentil mixture into the base of a deep 25cm (10") square dish. Cover with some lasagne and then some of the cheese sauce. Repeat, making the last layer cheese sauce, add the grated cheese.
7 Place on the low rack and cook on 50P for 12 minutes and then on DUAL GRILL, 50P for 8 minutes.



STUFFED TOFU WITH SPICY TOMATO SAUCE

Serves 4
450g (1lb) tofu, drained
100g (4oz) Mozarella, thinly sliced
75g (3oz) Danish Blue, thinly sliced
1 quantity Spicy Tomato Sauce (see page 50)

1 Cut tofu in half to make 4 pieces.
2 Slice each piece horizontally along one side to make a pocket. Fill each pocket with sliced cheese and place in a large flan dish. Pour in the sauce.
3 Place on the turntable and cook on 50P for 12 - 14 minutes.

VEGETABLE CURRY

Serves 4 - 6
15ml (1tbsp) oil
450g (1lb) cauliflower, cut into florets
225g (8oz) parsnips, cut into strips
225g (8oz) carrots, cut into strips
225g (8oz) courgettes, sliced
100g (4oz) celery, sliced
100g (4oz) leeks, sliced
100g (4oz) apple, sliced
50g (2oz) sultanas
75g (3oz) plain flour
30-45ml (2-3tbsp) curry powder to taste
5ml (1tsp) tumeric
5ml (1tsp) English mustard powder
900ml (1 1/2pt) vegetable or chicken stock

1 Place the cauliflower, carrots, parsnips and oil in a large dish. Cook on 100P for 5 minutes. Stir once.
2 Stir in the flour, curry powder, tumeric and seasoning.
3 Add the remaining ingredients, and stir in the stock.
4 Cover and cook on 70P for 20 minutes stirring twice.

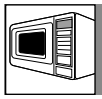
Ideal served with rice.

PIZZA WITH SALAMI & MUSHROOMS

Serves 4
125g (5oz) white self raising flour
125g (5oz) granary flour
2.5ml (1/2tsp) salt
5ml (1tsp) baking powder
45ml (3tbsp) olive oil
150ml (1/4 pint) milk
90ml (6tbsp) tomato relish
5ml (1tsp) Worcestershire sauce
15ml (1tbsp) fresh oregano
75g (3oz) salami snack sausages, sliced
75g (3oz) mushrooms, sliced
1/2 green pepper, thinly sliced
2 medium tomatoes, sliced
200g (7oz) Mozzarella cheese, grated
salt and pepper to taste

1 Place flours, salt and baking powder in a large bowl, mix well. Blend oil and milk together, stir into the flour to make a firm dough.
2 Roll out to make a 25.4cm (10") circle. Place in a greased 25.4cm (10") flan dish.
3 Place on the low rack and cook on DUAL GRILL, 30P for 5 minutes. Carefully turn over, cover with topping.
3 To prepare the topping, combine the tomato relish, Worcestershire sauce and 5ml (1tsp) of oregano. Spread evenly over the uncooked side of the pizza base. Arrange the salami, mushrooms, green pepper and tomatoes on top and sprinkle with the Mozzarella and remaining oregano. Season with salt and pepper.
4 Place on low rack, cook on DUAL GRILL, 70P for 10 minutes until the vegetables are tender and the cheese is brown and crispy.

Variations:
Tuna and olive: Substitute salami with 200g (7oz) canned tuna, chopped and top with 8 whole black olives.
Ham and pineapple: Substitute salami with 100g (4oz) chopped, cooked ham, add 3 pineapple rings.



RECIPES

BLUE CHEESE PASTA

Serves 4 - 6
225g (8oz) pasta, e.g. Farfalle (pasta bows)
600ml (1pint) boiling water
50g (2oz) pine nuts
1 quantity of blue cheese sauce (see page 50)
15ml (tbsp) fresh parsley, chopped to garnish

1 Place pasta in a large bowl add boiling water and cook at 70P for 10 - 11 minutes until tender, drain.
2 Add the pinenuts and mix well. Place in a warm serving dish and cover with sauce.

Serve hot garnished with parsley.

CANNELLONI

Serves 4
125g (5oz) onion, chopped
2 cloves garlic, crushed (see Tip, page 40)
25g (1oz) butter
450g (1lb) lean minced beef
100g (4oz) mushrooms, chopped
15ml (1tbsp) tomato purée
400g (14oz) canned chopped tomatoes
150ml (1/4 pint) hot beef stock
salt and pepper to taste
12 pieces of lasagne
300ml (1/2 pint) cheese sauce (see page 50)
extra grated cheese to sprinkle
15ml (1tbsp) fresh oregano, chopped to garnish

1 Place onion, garlic and butter in a bowl, heat on 100P for 3 minutes. Add the mince, cook on 70P for 8 minutes, stir twice during cooking.
2 Add mushrooms, purée, tomatoes, stock and seasoning. Cook on 70P for 20 minutes until thickened, stir every 5 - 6 minutes.
3 Place 3 - 4 pieces of lasagne in a bowl, cover with boiling water. Cook on 100P for 4 minutes until tender enough to bend. Remove from water, dry on kitchen paper. Repeat for the remaining lasagne.
4 Place a large spoonful of meat mixture at one end of a piece of lasagne, roll up and place seam side down in a deep, square 25cm (10") dish. Repeat for remaining lasagne. Place any remaining meat around the filled lasagne.
5 Pour the cheese sauce on top of the filled lasagne. Sprinkle generously with cheese and parsley.
6 Place on turntable, use sequence programming to cook on 70P for 12 minutes, then on DUAL GRILL, 70P for 8 minutes until brown and crispy.

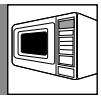
Microwave Tip: Improving smells in the oven

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100P for 10 - 12 minutes. Wipe the oven using a dry cloth.

CAULIFLOWER BIRIYANI WITH QUORN

Serves 4 - 6
15ml (1tbsp) vegetable oil
10ml (2tsp) mustard seeds
10ml (2tsp) sesame seeds
225g (8oz) brown Basmati rice
5ml (1tsp) chilli powder
5ml (1tsp) turmeric
5ml (1tsp) ground coriander
5ml (1tsp) garam masala
15ml (1tbsp) water
1 medium cauliflower, cut into small florets
175g (6oz) quorn, cut into 2cm (3/4") cubes
1/2 a red pepper, seeded and cut into strips
1/2 a green pepper, seeded and cut into strips
400g (14oz) canned chopped tomatoes
60ml (4tbsp) natural yoghurt

1 Place oil, mustard and sesame seeds in a large bowl, heat on 100P for 1 minute. Add rice, mix well. Cook on 100P for 2 minute.
2 In a separate bowl mix the chilli powder, turmeric, coriander and garam masala. Add water and mix to a paste. Stir the paste into the rice, add the cauliflower, quorn, red and green pepper, mix well. Cook on 100P for 2 minutes.
3 Drain the tomatoes and reserve the juice. Add the tomatoes to the rice mixture, mix well.
4 Add enough boiling water to the tomato juice to make 600ml (1 pint) of liquid, pour into the rice mixture, mix well. Cook on 70P for 24 minutes, stir every 5 minutes.
5 Stir in yoghurt and serve with poppadums.



PECAN PIE

Serves 4 - 6

PASTRY:
125g (5oz) plain flour
100g (4oz) plain wholemeal flour
125g (5oz) butter
cold water to mix

FILLING:
200g (7oz) pecan nuts
225g (8oz) brown sugar
90ml (6tbsp) golden syrup
75g (3oz) butter, melted
3 eggs (size 3), beaten
5ml (1tsp) vanilla essence

1 To prepare pastry combine the flours and rub in the butter until mixture resembles fine breadcrumbs. Add enough cold water to make a soft but not sticky dough.
2 Line a greased 25.4cm (10") flan dish with pastry and prick the base. Place on the turntable and cook on 50P for 10 minutes
3 Spread pecan nuts evenly over base, prepare filling.
3 Beat the sugar, syrup, butter, eggs and vanilla essence together until smooth. Pour over nuts.
4 Place on the low rack, use sequence programming to cook on 30P for 14 minutes, then on DUAL GRILL, 30P for 5 - 6 minutes until golden brown.

Variation:
Pecan nuts can be substituted with walnuts.

RASPBERRY, APPLE & ALMOND CRUMBLE

Serves 4 - 6

FILLING:
225g (8oz) raspberries, fresh or frozen
2 eating apples, peeled and thinly sliced
50g (2oz) brown sugar
15ml (1tbsp) Crème de Cassis (optional)

CRUMBLE:
75g (3oz) butter
125g (5oz) plain flour
100g (4oz) ground almonds
75g (3oz) caster sugar
50g (2oz) toasted flaked almonds

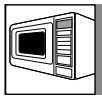
1 Place raspberries, apples, sugar and crème de cassis in a 1.5 litre ($2^1/_2$ pint) casserole dish, mix well. Heat on 100P for 6 minutes, stir every minute. Put to one side whilst preparing crumble.
2 Rub the butter into the flour until mixture resembles fine breadcrumbs, stir in the ground almonds and caster sugar.
3 Spoon the crumble evenly on top of the fruit.
4 Place on the low rack, cook on DUAL GRILL, 30P for 5 minutes 30 seconds.

Top with toasted flaked almonds to serve.

STICKY TOFFEE PUDDING

Serves 4 - 6
175g (6oz) stoned dates, chopped
200ml (7floz) boiling water
3.75ml ($^3/_4$tsp) bicarbonate of soda
2.5ml ($^1/_2$tsp) vanilla essence
10ml (2tsp) instant coffee dissolved in a little water
75g (3oz) butter
125g (5oz) caster sugar
2 eggs (size 3), beaten
175g (6oz) plain flour
1 quantity of Toffee & Walnut sauce (see page 50).

1 Place the dates in a large bowl, add the boiling water, bicarbonate of soda, vanilla essence and dissolved coffee, mix well.
2 Cream butter and sugar together in a separate bowl until light and fluffy, beat in the eggs. Fold in the flour and dates, mix well . The resulting mixture will be sloppy. Grease and line the base of a 1.2 litre (2 pint) pudding basin with kitchen paper, pour in the pudding mixture.
3 Place on turntable, cook on 50P for 12 - 13 minutes until a skewer comes out clean.
4 Pour the sauce over the pudding. Serve hot.



RECIPES

BREAD & BUTTER PUDDING

Serves 4
450ml (3/4 pint) milk
150ml (1/4 pint) double cream
6 eggs (size 3), beaten
100g (4oz) Demerara sugar
2.5ml (1/2 tsp) grated nutmeg
175g (6oz) mixed dried fruit
50g (2oz) walnuts, chopped
225g (8oz) thick white sliced bread, buttered
25g (1oz) Demerara sugar to sprinkle

1 Mix the milk, cream, eggs, sugar and nutmeg in a bowl.
2 In a separate bowl mix the dried fruit and walnuts.
3 Place a layer of bread, buttered side up, on the bottom of a greased dish. Sprinkle with the dried fruit mixture and add a little of the milk mixture. Repeat this process for remaining ingredients, finishing with a layer of bread and reserving enough milk mixture to cover. Sprinkle with Demerara sugar.
4 Place on the turntable and cook on 30P for 25 minutes, then on DUAL GRILL, 30P for 5 minutes, until set, golden and crispy.

Microwave Tip: Softening ice-cream

Place a 1 litre (1 3/4 pint) tub of ice-cream on the turntable (lid removed). heat on 50P for 1 1/2 - 2 minutes.

MOIST CARROT CAKE

Serves 6 - 8
150ml (1/4 pint) sunflower oil
225g (8oz) soft brown sugar
3 eggs (size 3), beaten
175g (6oz) self raising flour
5ml (1tsp) bicarbonate of soda
1.25 ml (1/4tsp) salt
10ml (2tsp) cinnamon
300g (11oz) carrots, grated
100g (4oz) walnut halves, roughly chopped
ICING:
225g (8oz) cream cheese
grated rind of 1 lemon
5ml (1tsp) lemon juice
30ml (2 tbsp) icing sugar
25g (1oz) walnuts, finely chopped to sprinkle

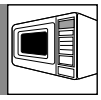
Variation:

Carrot & Courgette Cake: Replace 150g (5 1/2oz) of grated carrots with 150g (5 1/2oz) of courgettes and replace 100g (4oz) of walnuts with 100g (4oz) of chopped dates. Prepare and cook as Carrot Cake

1 Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt and cinnamon. Add the carrots and walnuts, mix well.
2 Grease and line a 20.4cm (8") soufflé dish with greaseproof paper, pour in the cake mixture.
3 Place on turntable, cook on 50P for 20 - 22 minutes until a skewer comes out clean. Allow to cool before decorating.
4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

Microwave Tip: Melting chocolate

Break 50g (2oz) chocolate into small pieces and place in a bowl. Heat on 100P for 2 minutes, stir every 30 seconds until evenly melted.



CHERRY & ALMOND CAKE

Serves 6
175g (6oz) butter
175g (6oz) caster sugar
3 eggs (size 3)
175g (6oz) plain flour
5ml (1tsp) baking powder
100g (4oz) glacé cherries, quartered
75g (3oz) ground almonds
5ml (1tsp) almond essence
15ml (1tbsp) milk

1 Cream the butter and sugar together until light and fluffy, beat in the eggs.
2 Fold in flour and baking powder, stir in cherries, ground almonds, almond essence and milk.
3 Grease and line the base of a 17.8cm (7") cake dish with greaseproof paper. Spoon in the cake mixture and smooth the surface.
4 Place on turntable, use sequence programming to cook on 50P for 10 minutes, then on DUAL GRILL, 30P for 5 - 6 minutes until a skewer comes out cleanly.

Microwave Tip: Softening hard marzipan

Remove marzipan from its packaging, place on the turntable and heat on 100P for 30 seconds.

PLAIN MICROWAVE CAKE

Serves 4 - 6
100g (4oz) margarine
100g (4oz) caster sugar
2 eggs (size 3), beaten
100g (4oz) self raising flour
30-45ml (2-3tbsp) water

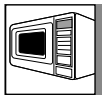
1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 17.8cm (7") cake dish with kitchen paper. Spoon mixture into dish and smooth.
2 Cook on100P for 4 - 5 minutes until firm. Allow to cool slightly before turning out.

CARAMEL SHORTBREAD

Serves 6 - 8
SHORTBREAD:
100g (4oz) butter
50g (2oz) caster sugar
125g (5oz) plain flour
25g (1oz) ground rice
CARAMEL:
50g (2oz) butter
50g (2oz) caster sugar
200g (7oz) condensed milk
15ml (1tbsp) golden syrup
TOPPING:
100g (4oz) milk chocolate, in small pieces

Variation:
Shortbread: Omit caramel and chocolate. Make as to Stage 3. Before cooling, dredge with sugar, prick all over with a skewer and cut into wedges.

1 To prepare the shortbread, cream the butter and sugar until light and fluffy, gradually add the flour and ground rice to make a firm dough.
2 Press the dough evenly into a greased 17.8cm (7") flan dish, cook on 50P for 6 minutes.
3 Press the hot shortbread firmly down with the back of a spoon, allow to cool.
4 To prepare the caramel, place all ingredients in a bowl, mix well. Cook on 100P for 5 minutes, stir every minute until toffee coloured.
5 Pour caramel onto the shortbread, chill to set.
6 When caramel is cold, place the chocolate in a small bowl and heat on 100P for 1 - 2 minutes, stir every minute until evenly melted. Spread on to the caramel, chill to set the chocolate before cutting into slices.



RECIPES

RICH FLAPJACK

Serves 6 - 8
175g (6oz) butter
100g (4oz) caster sugar
175g (6oz) golden syrup
275g (10oz) jumbo oats

1 Place the butter, sugar and syrup in a large bowl, heat on 100P for 4 minutes, stir every minute until melted, add the oats, mix well.
2 Spoon mixture into a greased 20.3cm (8") flan dish, smooth the surface.
3 Place on low rack, use sequence programming to cook on 50P for 6 - 8 minutes, then on DUAL GRILL, 30P for 4 minutes until brown.

CHOCOLATE BROWNIES

Serves 6 - 8
225g (8oz) margarine
225g (8oz) caster sugar
7.5ml (1 1/2tsp) vanilla essence
4 eggs (size 3), beaten
100g (4oz) plain flour
50g (2oz) cocoa powder
2.5ml (1/2tsp) baking powder
75g (3oz) walnuts, roughly chopped

1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.
2 Stir in the remaining ingredients.
3 Grease and line the base of a deep, square 20.4cm (8") dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.
4 Place on turntable, cook on 50P for 20 minutes until a skewer comes out cleanly.

GOLDEN SYRUP DUMPLINGS

Serves 4 - 6
SYRUP
300ml (1/2 pint) water
200g (7oz) brown sugar
60ml (4tbsp) golden syrup
50g (2oz) butter
grated rind of 1 large orange (optional)
DUMPLINGS:
125g (5oz) self raising flour
50g (2oz) butter
15ml (1tbsp) caster sugar
1 egg (size 3), beaten

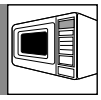
1 Place the syrup ingredients in a 2.5 litre (approx 4 pint) casserole dish and mix well. Cook on 100P for 8 - 10 minutes until sugar dissolves and sauce is thick, stir every 2 minutes.
2 Place flour in a bowl, rub in butter until mixture resembles fine breadcrumbs, stir in sugar. Bind with egg. If mixture is too dry, add a little water.
3 Roll into 6 equal sized balls (if sticky, add a little flour), place into hot syrup, allow space to spread. Cover dish and cook on 100P for 7 - 8 minutes, turn over after 4 minutes.

Serve hot with vanilla ice-cream.

RICE PUDDING

Serves 4
1500ml (2 1/2 pints) milk
200g (7oz) pudding rice
100g (4oz) caster sugar
50g (2oz) butter
5ml (1tsp) ground nutmeg (optional)

1 Place the milk in a 1.5 litre (2 1/2 pint) casserole dish. Heat on 100P for 8 minutes.
2 Stir in the rice, sugar and butter then heat on 100P for 5 minutes.
3 Place on the turntable and cook on 50P for 30 minutes, stir 2 - 3 times during cooking and stir after cooking.
4 Sprinkle with ground nutmeg to serve.



POTATO BREAD

Serves 4
275g (10oz) potato, cooked and mashed
275g (10oz) self raising flour
100g (4oz) mature Cheddar cheese, grated
5ml (1tsp) salt
5ml (1tsp) mixed dried herbs
2 cloves garlic, crushed (see Tip, Page 40)
10ml (2tsp) whole grain mustard
1 egg (size 3), beaten
75ml (5tbsp) milk
1 egg (size 3), beaten to glaze
5ml (1tsp) fresh parsley, chopped to sprinkle

1 Place the potato, flour, cheese, salt, herbs, garlic and mustard in a large bowl, mix well.
2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 20.4cm (8") in diameter. Place in a 25.4cm (10") flan dish, brush with egg to glaze, sprinkle with parsley.
3 Place on the low rack, use sequence programming to cook on 50P for 8 minutes, then on DUAL GRILL, 50P for 8 minutes until golden.

Serve with soup, cheese or salad.

Microwave Tip: Softening cream cheese

Place 225g (8oz) of cream cheese on a plate. Heat on 30P for 1 minute until soft.

DATE & WALNUT BREAD

Serves 6 - 8
175g (6oz) dates, chopped
150ml (1/4 pint) boiling water
225g (8oz) plain flour
125g (5oz) wholemeal flour
125g (5oz) caster sugar
2.5ml (1/2tsp) salt
2.5ml (1/2tsp) bicarbonate of soda
100g (4oz) butter
125g (5oz) walnuts, roughly chopped
150ml (1/4 pint) milk
1 egg (size 3), beaten

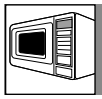
1 Place dates in a large bowl, add the boiling water, leave aside to cool.
2 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.
3 Add the date mixture, milk and egg, mix well.
4 Grease and line the base of a 1.5 litre (2 1/2 pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.
5 Place on turntable, use sequence programming to cook on 70P for 8 minutes, then on DUAL GRILL, 70P for 6 minutes until a skewer comes out clean.

Serve sliced, spread generously with butter.

PARKIN

Serves 6 - 8
225g (8oz) medium oatmeal
225g (8oz) self raising flour
10ml (2tsp) ground ginger
225g (8oz) margarine
225g (8oz) brown sugar
100g (4oz) golden syrup
125g (5oz) black treacle
300ml (1/2 pint) milk

1 Place oatmeal, flour and ginger in a bowl and mix well.
2 Place the margarine, sugar, syrup, treacle and milk in a large bowl, heat on 100P for 5 minutes, stir every minute. Stir in the flour mixture and stir well.
3 Grease and line the base of a deep, square 20cm (8") dish with greaseproof paper, pour in parkin mixture.
4 Place on the turntable and cook on 50P for 35 minutes until well risen and a skewer comes out clean.



RECIPES

WHITE SAUCE
Makes 300ml (1/2 pint)
25g (1oz) butter
25g (1oz) plain flour
300ml (1/2 pint) milk
salt and pepper to taste

1 Place the butter in a bowl, heat on 100P for 30 seconds until melted.
2 Stir in the flour and whisk in the milk. Cook on 100P for 5 minutes, stir every minute until thick and smooth. Season with salt and pepper.

Variations:

Cheese sauce: Add 75g (3oz) grated cheese and 5ml (1tsp) mustard powder at Stage 2. Serve with vegetables, fish, meat.

Parsley sauce: Stir 15-30ml (1-2tbsp) chopped parsley into the finished sauce. Serve with fish.

Onion sauce: Stir 225g (8oz) cooked onion, finely chopped, into finished sauce. Heat on 100P for 1 minute. Serve with meat or vegetables.

Mushroom sauce: Add 2 sliced spring onions, 50g (2oz) chopped mushrooms and 5ml (1tsp) chopped parsley at the beginning of Stage 2. Serve with fish.

Sweet white sauce: Omit salt and pepper from the basic recipe. Add 50g (2oz) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

SPICY TOMATO SAUCE
Makes 600ml (1 pint)
3 rashers bacon, chopped (optional)
150g (5oz) carrot, chopped
225g (8oz) onion, chopped
2 cloves garlic, crushed (see Tip, page 40)
800g (1lb) canned, chopped tomatoes
300ml (1/2 pint) red wine
45 - 60ml (3 - 4tbsp) medium chilli sauce
10ml (1tbsp) mustard powder
30ml (2tbsp) tomato purée

1 Place bacon, carrot, onion and garlic in a large bowl, cover and heat on 100P for 3 minutes.
2 Add all other ingredients to bacon mixture and mix well. Cook on 70P for 30 minutes.
3 Blend in a food processor until smooth, return to bowl and cook on 70P for 3 minutes.

Serve with Stuffed Tofu (See page 43).

BLUE CHEESE SAUCE
Makes 150ml (1/4 pint)
100g (4oz) Blue Stilton cheese, finely chopped
300ml (1/2 pint) soured cream
150ml (1/4 pint) white wine
15ml (1tbsp) cornflour blended with water
30ml (2tbsp) fresh parsley, chopped
salt and pepper to taste

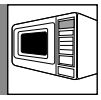
1 Place the cheese, cream, wine, cornflour and parsley in a bowl, mix well. Season.
2 Heat on 100P for 6 - 7 minutes.

Serve with Pasta (See page 44).

TOFFEE & WALNUT SAUCE
Makes 300ml (1/2 pint)
125g (5oz) butter
175g (6oz) dark soft brown sugar
90ml (6tbsp) double cream
50g (2oz) walnuts, finely chopped

1 Combine all ingredients in a bowl, heat on 70P for 5 - 6 minutes, stir every minute until sugar has dissolved and the mixture is thick and glossy.

Serve hot with ice-cream or Sticky Toffee Pudding. (See page 45).



STRAWBERRY JAM
Makes 675g (1 1/2lb)
675g (1 1/2lb) strawberries, washed and hulled
45ml (3tbsp) lemon juice
675g (1 1/2lb) preserving sugar

*** setting point:** Place 5ml (1tsp) jam onto chilled saucer. Stand for 1 min. Move surface of the jam gently with finger, if surface wrinkles then setting point has been reached.

1 Place strawberries and lemon juice in a very large bowl.
2 Heat on 100P for 5 minutes until strawberries have softened. Add the sugar, mix well.
3 Cook on 70P for 35 - 40 minutes until setting point* is reached, stir every 4 - 5 minutes.
4 Pour into hot, clean jars. Cover, seal and label.

LEMON CURD
Makes 300g (12oz)
100g (4oz) butter
450g (1lb) caster sugar
45ml (3tbsp) cornflour
Juice of 4 medium lemons
Grated rind of 2 lemons
4 egg yolks (size 3), beaten

1 Place butter and sugar in a bowl. Heat on 100P for 2 minutes until melted.
2 Mix cornflour, lemon juice and rind. Stir into the butter and sugar mixture. Heat on 100P for 2 minutes until sugar has dissolved. Cool slightly.
3 Beat in the egg yolks and cook on 50P for 10 - 12 minutes, stir every 2 minutes until thickened.
4 Pour into hot, clean jars. Cover, seal and label.

TREACLE TOFFEE
Makes 600g (1lb 5oz)
450g (1lb) soft dark brown sugar
150ml (1/4 pint) water
10ml (2tsp) treacle
50g (2oz) butter
50ml (4tbsp) malt vinegar

1 Place all ingredients in a bowl, mix well. Heat on 70P for 26 - 28 minutes, stir every 2-3 minutes until toffee reaches hard crack* stage.
2 Pour into a greased, square 15.3cm (8") dish. Chill to set before breaking.

PEANUT BRITTLE
Makes 300g (12oz)
100g (4oz) caster sugar
75g (3oz) golden syrup
60ml (4tbsp) water
2.5ml (1/2tsp) baking powder
25g (1oz) butter
100g (4oz) unsalted, blanched peanuts

*** Hard crack:** To determine drop a teaspoon of mixture into a glass of cold water and the toffee should be hard to the touch.

1 Mix sugar, syrup and water in a bowl. Heat on 100P for 2 minutes, stir every minute until sugar has dissolved.
2 Add the baking powder and butter, mix well. Heat on 100P for 1 minute. Stir in the peanuts, cook on 70P for 4 - 5 minutes, stir every minute until hard crack* stage is reached.
3 Pour the mixture into a greased, square 15.3cm (6") dish, chill to set before breaking.

CHOCOLATE FUDGE
Makes 675g (1 1/2lb)
150g (5 1/2oz) milk chocolate, broken into pieces
100g (4oz) butter, melted
450g (1lb) icing sugar
45ml (3tbsp) milk

1 Place the chocolate in a bowl and heat on 100P for 2 minutes, stir every 30 seconds until melted.
2 Stir in butter, icing sugar and milk. Heat on 100P for 3 minutes, stir vigorously every minute until the mixture is thick and glossy.
3 Pour into a greased, rectangular 20.4 x 15.3cm (8 x 6") dish, chill to set before cutting.

CLEANING & MAINTENANCE

OVEN INTERIOR

Clean the microwave oven cavity after each use with a mild detergent solution on a soft cloth, pay special attention to the waveguide cover.

After Grill, Dual, AutoCook and Express Cook modes the oven cavity, door, cabinet and accessories will become very hot. Before cleaning, ensure that they have cooled down.
Slight tarnishing of the oven cavity around the area of the grill heater is likely to occur, this effect does not indicate a problem.
Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor particularly if the turntable and roller stay are removed. Excess water spillage through these holes will cause damage to the oven interior. It is important that the door seals and sealing surfaces are kept clean at all times, wipe regularly with a damp cloth.

ACCESSORIES

Accessories should be washed in a mild washing-up liquid solution and dried. They are dishwasher safe.

OUTER CABINET

Wipe the outer cabinet with a mild detergent solution on a soft cloth. The control panel must be wiped clean whilst the door is open, therefore inactivating the oven.

⚠ **WARNINGS-**

- **Do not allow grease or dirt to build up on the door seals and adjacent parts as this may prevent the door from closing correctly and may cause a leakage of microwaves. To clean use a mild detergent solution on a soft damp cloth.**
- Keep the waveguide cover clean at all times. If you leave grease or fat in the cavity, it may overheat, smoke or even catch fire when next using the oven.
- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.

TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.
Simply answer "YES" or "NO" to the following questions:
(Put half a cup of water in the oven, on the turntable and close the door. Programme the oven to cook for 1 minute and select 100P.

1. Does the oven lamp come on when it is cooking? YES/NO
2. Does the turntable rotate? YES/NO
3. Does the cooling fan work? (Check by placing your hand above the air vent openings) YES/NO
4. After 1 minute does the "beep" sound? YES/NO
5. Is the water in the cup hot? YES/NO
6. (Take the cup out of the oven and close the door. Set the grill time for 3 minutes).
   At the end of 3 minutes, does the grill heating element become hot? YES/NO

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown, if there is no fault with either, check against the troubleshooting chart on page 53.

⚠ **WARNINGS:**

- **It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.**
- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs & Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This would be very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. As your oven is not fitted with a lamp access cover, if the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

TROUBLESHOOTING

NOTE:
If you cook food for more than the standard time (see chart opposite) on the same cooking mode, the oven's safety mechanisms will automatically activate. The microwave power level will be reduced or the grill heating elements will turn on and off.

COOKING MODE	STANDARD TIME
Microwave 100P cooking	20 MINUTES
Grill cooking	30 MINUTES
Dual grilling	Grill 30 MINUTES

PROBLEM	POSSIBLE CAUSE
Draught circulates around the door.	When oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed and stand directly onto the turntable or in a heat resistant flan dish or similar.
After setting the time, the oven does not start.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON/OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.

TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown opposite:

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as shown:
Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug.
Like most appliances in your home, your oven must be connected to a single phase 230-240 Volt, 50Hz alternating current supply.
If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

green and yellow stripes = **EARTH**
blue = **NEUTRAL**
brown = **LIVE**

- The green and yellow wire to the plug terminal marked E or ⏚ or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.

⚠ **WARNING!**
THIS APPLIANCE MUST BE EARTHED.
IF YOU HAVE ANY DOUBTS ABOUT YOUR ELECTRICAL SUPPLY ASK A QUALIFIED ELECTRICIAN.

Website: http://www.sharp.co.uk/support **Help Line:** 08705 274277 (office hours)

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre, telephone: 08705 274277 (office hours).
- For general information & assistance with oven queries, please contact our **Customer Information Centre:**
  U.K.: 08705 274277 (office hours)
  Ireland: 01 676 0648 (office hours)
  Website: http://www.sharp.co.uk/support
- Replacement accessories may be obtained from our main parts distributor Willow Vale Electronics Ltd. Telephone: 0121 766 5414

GUARANTEE

Subject to the conditions listed below, SHARP Electronics (U.K.) Ltd (hereafter called "the Company"), guarantee to provide for the repair of, or, at its option replace this SHARP equipment, or any component thereof, (other than Glass Turntables), which is faulty or below standard, as a result of inferior workmanship or materials.

The conditions of the Guarantee:

1 This Guarantee shall only apply to defects or faults which are notified to the Company, or a SHARP approved service facility, within one year from the date of purchase of the equipment, provided that this Guarantee shall extend for a further period of one year in respect of microwave oven magnetron parts only.

2 This Guarantee covers equipment intended for private domestic use only. This oven is suitable for domestic food preparation and is not designed for commercial, industrial or laboratory use. This Guarantee does not apply to equipment used in the course of a business, trade or profession. Only use the microwave oven for cooking, defrosting or reheating of food. SHARP declines any liability for damages caused by improper use.

3 This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by a SHARP approved service facility.

4 Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.

5 In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. You will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase. Where it is not possible to contact the dealer or supplier from whom the oven was purchased, please contact the telephone number given below. You will then be given details of how to obtain service.

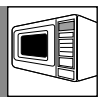
   Telephone: 08705 274277 (office hours)

6 This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

SHARP parts and accessories have been specifically designed for SHARP Microwaves.

No liability can be accepted for any inaccuracies or omissions in this publication, although every possible care has been taken to make it as complete and accurate as possible.

SPECIFICATIONS



AC Line Voltage	Single phase 230-240 V, 50 Hz
Power Consumption:	
Microwave	1.42 kW
Grill	1000W
Microwave/Grill	2.4 kW
Input Current:	
Microwave	6.3 A
Output power:	
Microwave	900 W (IEC 60705)
Grill	1000 W
MAFF heating category	E
Microwave frequency	2450 MHz
Outside Dimensions	R-754M: 520(W) x 305(H) x 440(D) mm
	R-765M: 520(W) x 305(H) x 422(D) mm
Cavity Dimensions	342(W) x 207(H) x 368(D) mm
Oven capacity	26 litres
Cooking uniformity	Turntable diameter (325mm)
Weight	Approx. 16.5kg

This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.

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SHARP

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